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[www.HerseyEyeCare.com](http://www.HerseyEyeCare.com)

## Patient Instructions: Contact Lens Do's And Don'ts

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*You should remove your contact lenses immediately and check with your eye doctor if any of the following should occur at any time: your vision blurs and does not clear immediately upon blinking or applying lubricating drops, you develop any pain in or about the eye, your eye becomes red, you develop discharge or excessive tearing, or you note unusual light sensitivity.*

### DO:

1. Follow your doctor's instructions and call the office if you have any questions.
2. Report for regularly scheduled follow up care. Follow up care is of optimum.
3. Always thoroughly wash, rinse and dry hands before handling lenses.
4. Clean your lenses after wear and before storage to avoid buildup of tough protein deposits and oily films that are difficult to remove. Use fresh solution in the storage case each night.
5. Rinse the storage case well with warm tap water, then with saline after each use and let air dry with cover off.
6. While inserting the lenses, some patients find it easier to hold back the eye lashes, not just the skin fold above and below the lashes.
7. Keep a storage case and a small bottle of lubricant or saline with you at all times for emergency use.
8. Apply all cosmetics after inserting contact lenses, including lotions and foundation, and eye cosmetics such as mascara and eye shadow.

### DON'T:

1. Don't wear the lenses if they have become uncomfortable or you notice a chip or tear in the lens.
2. Don't handle your lenses roughly and avoid contact with fingernails (the #1 cause of lens damage).
3. Don't move around if a lens is dropped. Check your lashes, clothes, shoes and immediate area around you.
4. Don't start using different brands of solution simultaneously. Introduce them one at a time so if there is a problem, you can identify the cause.
5. Don't touch solution bottles to lenses or case. It can contaminate a sterile bottle of solution.
6. Don't use tap water on soft lenses; use only saline or disinfecting solutions for rinsing.
7. Don't put eye drops such as Murine or Visine in your eyes while you are wearing contact lenses.
8. Don't wear your lenses if you have the flu.
9. Don't sleep in our lenses without your doctor's approval.

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