

CONTACT LENS REMINDERS FOR PLANNED REPLACEMENT SCHEME PATIENTS

This reminder leaflet is intended to help you **remember** important parts of your **contact lens care**. They will contribute to the safe and successful continuation of wear.

- 1.- **Wash and thoroughly DRY HANDS before;** handling contact lenses and before placement/removal
- 2.- Place contact lenses on your eyes before applying **eye make-up**
- 3.- **Return** for all **follow-up** and **after-care visits** as advised
- 4.- **Do not ignore vision or comfort symptoms** – contact your Contact Lens Practitioner
- 5.- If you have any **concerns** or **questions** - contact your Contact Lens Practitioner
- 6.- If your **eye becomes red or sore** STOP CONTACT LENS WEAR - contact your Contact Lens Practitioner
- 7.- **Remove** contact lenses **after each recommended period of wear** each day – do not wear longer than advised
- 8.- **Discard** contact lenses at the **recommended time** interval
- 9.- **Clean you lens case weekly** with your **disinfecting solution, NEVER USE WATER,** and allow to **air dry**
- 10.- **Replace your lens case** at least at **3 monthly** intervals
- 11.- **Replace bottle tops** (eye drops etc.) immediately and keep bottles out of direct sunlight
- 12.- **Clean** your contact lenses **after removal** from eye with the recommended solutions and method
- 13.- **Replace solution in case daily,** do not top up
- 14.- **Discard solution in bottles** at **recommended time** after first opening
- 15.- Keep contact lens wear within **advised wearing times** each week
- 16.- **Avoid** contact lens contact with, **fingernails, saliva, or water** of any kind
- 17.- **Avoid showering or swimming in contact lenses** (wearing tightly fitted goggles while swimming reduces but does not eliminate the risk of microbial keratitis and permanent vision loss)
- 18.- **Avoid wearing contact lenses with any form of eye medication** unless advised otherwise
- 19.- **Do not sleep in contact lenses** unless advised that they have been prescribed for this – even if they have been aware of the increased risk of eye infection and permanent vision loss is increased

Source: Andrew D Price FBDO(Hons) CL MBCLA - CEO - [ADP-EyeCare](#) – Edition 2021.01



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