



Contact Lens Wear Do's and Don't

List of Specific do's and don'ts to lead to successful wear*

- Do:**
- ✓ **Do wash and completely dry your hands** before handling contact lenses- always.
 - ✓ **Do carefully and regularly clean your contact lenses**, as directed by your optometrist.
 - ✓ **Do store lenses in proper contact lens case**, clean case after each use and let air dry, and replace every 3 months.
 - ✓ **Do use your recommended multi purpose solution**, _____, to clean and store lenses in.
 - ✓ **Do use fresh solution each time** to clean contact lenses (never re-use solution).
 - ✓ **Do follow the recommended contact lens replacement** schedule prescribed by your optometrist.
 - ✓ **Do remove contact lenses before swimming or entering a hot tub**. Talk to Dr. Wittman about daily disposables.
 - ✓ **Do completely avoid exposing your lenses to tap water** to avoid blinding infections.
 - ✓ **Do see you optometrist** for your regularly scheduled contact lens and eye examination.
 - ✓ **Do replace your contact lenses every** _____, at manufacturer's recommendation.

- Don't:**
- X **Don't use cream soaps**. They can leave a film on your hands that can transfer to the lenses.
 - X **Don't use homemade saline solutions**. Use of homemade saline solution can cause blinding eye infections. Do not soak in any saline (including store bought) because saline is a perfect environment for bacteria and other micro-organisms to grow. You need to soak in the recommended multi-purpose contact lens solution to disinfect.
 - X **Don't re-use old multipurpose solution**. Use fresh solution each time.
 - X **Don't put contact lenses in your mouth** or wet with saliva, which is full of bacteria and a source of infection.
 - X **Don't use tap water** to wash or store contact lenses or lens cases. Never expose your contact lenses to tap water to avoid blinding eye infections such as a serious condition called acanthamoeba keratitis.
 - X **Don't swim in your contact lenses**. Talk to Dr. Wittman about daily disposables and other options.
 - X **Don't share lenses with others**.
 - X **Don't use products not recommended** by your optometrist.

*Per the American Optometric Association website: www.aoa.org

I, _____ agree to the terms as explained to me by a Wittman Vision contact lens technician. I understand that if I do not abide by these rules, I run the risk of infection and corneal ulcers. These conditions can develop very quickly and can be very serious. In rare cases, these conditions can cause blindness*

*Per Food & Drug Administration (FDA) website: www.fda.gov

Patient Signature

Date

Parent or Guardian Signature

Witness or Contact Lens Technician Signature