

Don'ts

DON'T EVER use house hold products (e.g. Disinfectants) with your lenses. They can seriously damage your eyes.

DON'T change your brand of care products without consulting your eyecare practitioner. You may have been fitted with lenses which are not suited to certain products, or the product may have been chosen to suit your eyes.

DON'T wear your lenses when using eye medications or eye drops (unless advised to do so).

DON'T use saliva to wet your lenses. It is teeming with potentially harmful bacteria. It is NOT true that your own bacteria are safe.

DON'T allow hair lacquer or other cosmetic aerosols to come into contact with your lenses.

DON'T wear your lenses in the presence of noxious or irritating fumes.

DON'T wear your contact lenses when participating in water sports unless water tight goggles are used.

DON'T use tap water with your lenses or for rinsing your lens case



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Lens Insertion and Removal Do's & Don'ts of lens wear

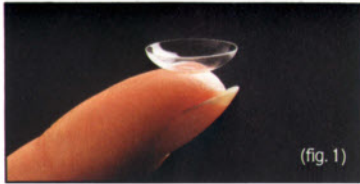
C4 Sightcare
OPTOMETRISTS

Lens Insertion

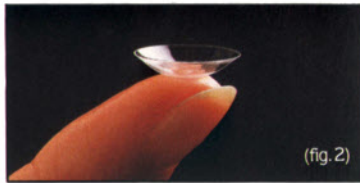
Lens Profile

Before insertion it is important to check that the lens is not inside out. To do this, consult the illustrations place your lens on your Index finger and look at the outline shape of the lens.

If the edge is a continuous curve it is correct (fig. 1)



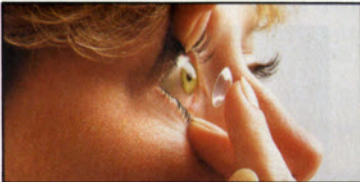
If the edge turns out slightly, it is inside out (fig. 2) and should be reversed then rinsed with saline.



Lens Insertion

After thoroughly washing and rinsing your hands follow these steps to insert the lens.

1. Place the lens on the tip of the index finger of your dominant hand.



2. Pull up the upper eyelid with your other hand.



3. Pull the lower lid down using the middle finger of your dominant hand.

4. Look upwards and place the lens on the white of the eye. Gently release the lids, blink and the lens will centre over the coloured part of the eye. To centre the lens, close your eyelid and gently massage through the closed lid.

Lens Removal

As usual when handling your lenses, wash and rinse your hands thoroughly. Prepare your storage container with solution, ready to receive the lenses.

1. Ensure the lens is located over the central part of the eye.
2. Look upwards and pull the lower lid down.
3. Using the index finger of your dominant hand, slide the lens on to the white of the eye.



4. Pinch the lens **gently** between thumb and index finger and remove the lens from the eye.

Compressing a moist lens between thumb and forefinger is not harmful, providing the fingernails do not contact the lens.

Do's

DO remember that the health of yours eyes is essential for good sight. **DON'T** put it at risk through negligence or vanity.

DO remove your lenses and consult your eye-care practitioner if any eye reaction occurs such as pain, redness, burning sensation, excessive watering, increasingly blurred vision, coloured haloes around light sources and/or sensitivity to light. Contact the Eye Unit of a hospital if you require out of hours advice in an emergency.

DO remove your lenses before going to sleep (unless otherwise advised by your eye-care practitioner).

DO attend your routine follow up appointments. These are essential to monitor the health of your eyes. Symptom-free wear does not necessarily mean that your lenses are not causing undesirable side affects.

DO comply with your eye-care practitioner's guide to wearing schedules. Over wear can have serious consequences.

DO keep your nails short. Long nails harbour bacteria and a scratched eye is vulnerable to infection.

DO replace lenses if they become damaged or scratched, or if they have deposits which cannot be removed.

DO wear make up if you wish but insert your lenses first. Remove your lenses before you take off your make up. Fibre free mascaras and oil free types are best.

DO keep your contact lenses out of the reach of children.