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Instructions for 1-Month Disposable Contact Lenses

Wear Time

If you are a new contact lens wearer, you should slowly increase your wear time to allow your eyes to gradually adapt to the lenses. The recommended initial wearing schedule is:

- | | |
|---|--|
| <input type="checkbox"/> Day 1: 3 hours | <input type="checkbox"/> Day 4: 9 hours |
| <input type="checkbox"/> Day 2: 5 hours | <input type="checkbox"/> Day 5: 11 hours |
| <input type="checkbox"/> Day 3: 7 hours | <input type="checkbox"/> Day 6: 12 hours |

The average comfortable wearing time of contact lenses is 12-14 hours per day.

Lens Care

Wash your hands thoroughly with soap and water before handling your contact lenses. Cleaning and disinfecting your contact lenses **EVERY NIGHT** is an important part of maintaining healthy eyes. Please follow the directions carefully for your prescribed care system to ensure proper cleaning and disinfection.

Multipurpose contact lens solution (RevitaLens, Opti-Free, Biotrue)

Multipurpose contact lens solutions are a convenient way to clean lenses. To clean, rub both sides of your lenses with fresh solution for 10-15 seconds, rinse with fresh solution, and store the lenses in fresh solution for a minimum of 6 hours. This solution can also be used to rinse your lenses.

Hydrogen peroxide systems (Clear Care)

Hydrogen peroxide systems have no preservatives and are therefore very good for sensitive eyes. Peroxide is a very effective disinfectant, but must be neutralized prior to lens wear. It should **NEVER** be dropped directly into the eye from the bottle. Make sure you use the proper lens case and soak the lenses for at least 6 hours prior to inserting them.

NEVER use tap water to rinse your lenses.

Sleeping, showering, and swimming with contact lenses all increase your risk of developing a sight-threatening infection. It is NOT recommended to sleep, shower or swim with contact lenses.

Your contact lenses are FDA approved for a 1-month disposal. They should be discarded 1 month after opening the lenses from the packaging, regardless of how often you wear them!

Case Hygiene

Your contact lens case should be emptied and rinsed with multipurpose solution every day. The case should be allowed to air dry before filling with fresh multipurpose solution each night. Contact lens cases should be replaced at least every three months.

Return Appointments

New contact lens wearers are usually asked to return one week after the initial fitting of the contact lenses. It is important for the patient to keep this appointment as scheduled to ensure proper fit of the contact lens prior to the contact lens prescription becoming final.

Your contact lenses need to be evaluated on an annual basis to determine if your eyes are healthy wearing *contact lenses and to renew the prescription.*

What to do if you have a problem

Potential complications of contact lens wear include:

- Eye pain
- Redness
- Excessive tearing or unusual discharge
- Excessive discomfort or lens awareness
- Light sensitivity
- Excessive dryness
- Stinging or burning
- Blurry, cloudy or foggy vision

If you experience any of the symptoms listed above, remove your lenses immediately. If the condition persists after lens removal, you should immediately call for an appointment or consultation with your eye care provider. If you have any questions regarding care and/or handling of your contact lenses, please ask your eye doctor at your next follow-up visit. Good luck!

The FDA classifies contact lenses as medical devices; you need a doctor's prescription to buy and wear them. Your contact lens prescription will be valid for one year and is established by federal regulations. A medical condition may decrease the time a contact lens prescription is valid.