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Instructions for 1-Day 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.

Your contact lenses are FDA approved for daily disposal. They should be discarded after one day of wearing them, regardless of how long you have worn them!

If you need to rinse your lenses, use a multipurpose contact lens solution (examples: RevitaLens, Opti-Free, Biotrue). **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.

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. New contact lens wearers are typically evaluated at a follow up exam about one week after trial lenses have been dispensed. 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.