

WELCOME TO CONTACT LENSES

A Quick Guide to Safe & Comfortable Wear

Recommended Solutions

- Biotrue
- OptiFree puremoist
- Clear Care (must never be used directly in eyes)



Schedule

- Day 1: Wear about 6 hours
- Add 1 hour per day if comfortable
- You may wear lenses longer if your eyes feel good, but remove if irritated
- Never exceed maximum wear time for your lens type



Avoid the 3 S's

To protect your eyes, never:

- Sleep in your contact lenses
- Swim in contact lenses
- Shower in contact lenses



When to Call Us

Stop wearing your contacts and contact us immediately if you experience:

- Increased redness
- Eye pain or discomfort
- Blurry or decreased vision



Safe Artificial Tears

These drops are safe to use:

- Systane for Contact Lenses
- Refresh for Contact Lenses
- Blink for Contact Lenses
- Any preservative-free artificial tears

