**Insertion and Removal Guide –**               **Dr. Robert S. Webster & Dr. Andrew V. Tran**
        **General Tips**

•      Hands should be washed with a soap free of oils, lotions or perfumes, thoroughly rinsed and dried with a lint-free towel before handling lenses.  Prior to applying lenses, rinse each side of the lens for 5 seconds with fresh solution to remove debris on the lens.

•      Use finger tips to handle lenses (avoid finger nails and sharp objects).

•      Try and establish a pattern that you always use – ie:  put in the right contact lens first every morning and remove it first every night.

•      Inspect the contact lens prior to insertion, looking for any damage, defects, rips, or loose debris on the lens.  Rinse your lenses with solution.  In addition, determine if the lenses are inside out.

•      Ensure you clean the contact lens case before you store it – DO NOT REUSE SOLUTION.

•      When removing contacts, make sure you have a clean workstation with a clean contact lens case, solution, your glasses and a towel.

        **Determining if the lens is inside-out**
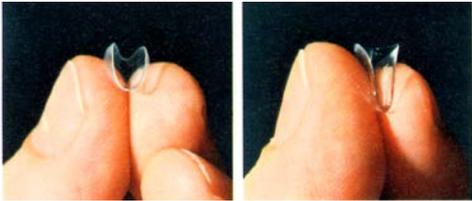
•      While you have the lens on your thumb, place the the tip of your index on the opposite side of the lens from your thumb.  Push the edges toward each other.  If the edges curve toward each other, as if to close (left side of image), then the contact lens is the correct orientation.  If the edges of the lenses push against your fingers and the direction you are pushing (image on right), that lens is inside out.

        **Inserting Your Lenses**

1.      Place the clean, wet correct lens on the tip of the index finger on your dominant hand (right if right-handed, left if left-handed).  Pull the lower lid down securely with the middle finger of the same hand.  Use the other hand to hold your upper lid and eyelashes firmly against your brow.  It is important to open the eyelids as wide as you can while firmly holding them in place – releasing your eyelashes too soon and not firmly holding them in place are common mistakes among early contact lens wearers.
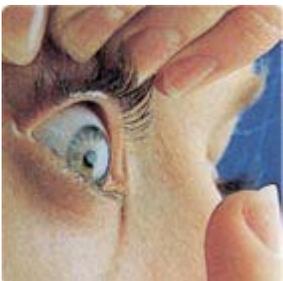
2.      Once your eyelids are in place, slowly bring the lens towards your eye while looking directly at the lens (look 'through' the lens).  Gently place the contact lens on the cornea (the round, colored circle in the center of your eye).  Once the contact lens is on the eye, slowly roll your eye up, down and side-to-side.  If the lens sticks to the finger instead of the cornea, lift the lens off the finger and wipe any excess solution off the finger (contact lenses will stick to the wetter of the two, your eye or your finger).
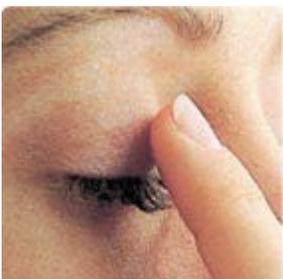
3.      Slowly release the lower lid, then the upper lid.  Close your eyelid and gently "pat" the eyelid to release any air bubble that may have accumulated under the lens.  You may gently massage the lids, but under no circumstance should you rub your eyes. Gently blink the eye a few times.

### Removing the Lens
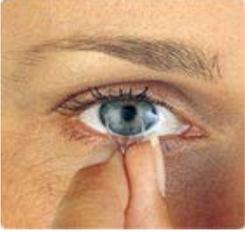
1.      Verify the lens is centered on your eye.  Pull down the lower lid with the middle finger of your dominant hand.  Look up.  With the tip of your index finger (same hand), lightly touch the bottom edge of the lens.  While looking up, slide the lens down to the white part of your eye and gently pinch the lens off using your thumb and index finger.

## Lens Care Guide

*   **Why is contact lens care important?**

Like all synthetic materials, contact lenses are subject to a buildup of micro-organisms and  deposits of lipids,   mucous and proteins.  If not removed, these deposits (and absorbed materials) can build up on the lens surface.  Over time, this may result in the reduction of comfort and vision, as well as increased risk of contamination (which can lead to discomfort, infection and even serious vision complications such as ulcers).  This is why lenses need to be cared for on a regular basis using various types of solutions which are compatible with both the ens materials and the eye itself.

### Tips

*   **Also use fresh solution specifically made for the storage, cleaning and disinfection of contact lenses. Never reuse the solution.**  In addition, we recommend periodically checking the solution's expiration date to avoid adverse reactions and ensure proper hygiene of your lenses.
*   **Be careful when handling the lenses.**  Excessive rubbing or rough handling can result in a significantly shorter lens life, rips, tears and other damage.

### How to Disinfect and Clean Your Lenses

**Cleaning and disinfecting are important to kill micro-organisms and remove protein and lipid buildup that are responsible for eye infections.** *Your doctor has prescribed a certain contact lens solution and disinfection routine and it is important that you adhere to the guidelines to protect and preserve your eye health.* With clean, dry hands, place 3 or more drops of solution on one side of the lens surface.  **Rub** your lens gently from the center to the edges for at least 2 – 4 seconds (never rub in a circular motion, it may tear the lens and not clean the outer edge).  Turn the lens over and repeat for the other side.  **Rinse** each side of the lens for 5 seconds with fresh solution.  Please the lenses in a clean lens case and fill with fresh solution.  Close the case tightly.  Let soak for at least 6 hours for proper disinfection, cleaning, protein removal and conditioning.

### Frequently Asked Questions

1.      *Can I use water to rinse or clean my contact lenses?*
No.  Tap water contains impurities, chlorine, metal particles, and minerals which can damage the lens.  In addition, tap water can also contain microbial organisms, which can lead to serious infections of the eye.  Saline, distilled and/or purified water do not disinfect your lenses (raising the risk of a significant eye infection) and should not be used to rinse, clean or disinfect your contact lenses.

2.      *Do I ever need to clean, replace or discard my contact lens case?*
YES!  Data indicates that lens cases are a significant source of microbial contamination.  You should only use an approved storage case for your particular solution and clean the case on a DAILY basis.  Cleaning the case involves dumping the used solution, rinsing it with fresh solution and drying with a clean cloth.  Always leave the case open to fully air dry during the day.  Additional cleaning with soap and hot water is recommended on a frequent basis.  You should replace the contact lens storage case on a quarterly basis.

3.      *Can I swim in my contact lenses?*
We do not recommend soft contact lenses be worn for swimming (or other sports) unless a mask is worn.

4.      *My eyes get dry during the day, what can I use to re-wet them?*
We recommend only using drops approved for re-wetting contact lenses as needed to alleviate the dryness.

5.      *What about glasses, do I really need them?*
Absolutely!!  Glasses should always be considered your primary source of vision correction.  It's always a good idea to give your eyes a break from repetitive contact lens wear.  In addition to giving your eyes a break, there are other circumstances that will warrant wearing your glasses.  In the event of a rip, tear or lost lens, your glasses are a

necessity.  They will also be a necessity in the event of an eye infection, ulcer or vision issue that will require you to not wear your lenses for anywhere from a few days to an entire week.

**6.		*My vision is blurred after insertion, why?***

If your vision is blurred, it could be a number of factors:  the lens might not be clean enough, a foreign particle is trapped between the lens and the eye, the lens is inside-out, or the lens is torn or has some other defect.  Remove the lens, re-clean and inspect.  If the lens is torn, DO NOT wear the lens.  Discard and put in a new one.  If the blur or irritation continues, call the office at for assistance – **(407) 365-7475 (Oviedo), (321) 639-0910 (Port St. John)**

**7.		*What should I do if I experience pain, redness or discomfort?***

If these symptoms occur, remove the lenses and inspect for defects, clean, rinse and reinsert.  If the symptoms persist, remove the lenses and **immediately call our office for an appointment.**