

Pierce Vision Specialists

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Optometrists

CONTACT LENS CARE

(General Information)

ALWAYS WASH AND RINSE YOUR HANDS thoroughly prior to handling your lenses. It is best to use mild, plain soaps that do not contain perfumes or lotions.

CLEAN LENSES IMMEDIATELY UPON REMOVAL, before oil, mucus, and other ocular secretions become hardened. Do not wait until morning to use your daily cleaner. Soft lenses, because they are porous, are especially attractive to these contaminants.

NEVER USE SALIVA TO WET A LENS; it contains microorganisms that can cause serious eye infections.

USE ONLY THE SOLUTIONS RECOMMENDED to you by this office.

- If you mix and match with other solutions, you may damage the lenses or create discomfort and health problems for your eyes.
- Do not use RGP solutions with soft lenses, and do not use soft lens solutions with RGP lenses.

DISCARD ALL SOLUTIONS WHEN THEY HAVE EXPIRED. Get into the habit of checking the dates on each bottle regularly. Never refill a bottle; discard the old bottle and open a new one.

NEVER TRY TO CLEAN YOUR LENSES WITH ALCOHOL OR ACETONE (nail polish remover). These compounds damage and may even dissolve your lenses.

CLEAN YOUR LENS CASE DAILY with hot water (or saline) and soap (or lens cleaner), and allow it to air dry. Replace the case frequently, especially if you can no longer clean it properly.

WHEN RECOMMENDED BY THE DOCTOR, use enzymatic cleaners to help remove proteins and other foreign materials from your lenses. When used on a regular basis, enzymatic cleaners may provide greater lens comfort.

USE ONLY those lubricants and artificial tears that are recommended by the doctor. Many over-the-counter eye drops are not designed for use with contact lenses. If your eye is dry, it often indicates that it is time to remove your lenses and let them soak for a while.

NEVER force the removal of a sticking lens; sleep with your lenses on with the exception of extended wear lenses; swim with your lenses on (you may shower or bathe, but be careful).

LENSES SHOULD NOT BE WORN during periods of illness or eye infections as discomfort may occur. Lenses should never be worn when eye medications are being used.