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Contact Lens Insertion and Removal Instructions

Wear schedule for new contact lens patients:

Day 1 & 2 = 2 to 4 hours
Day 3 & 4 = 3 to 5 hours
Day 5 & 6 = 4 to 6 hours
Day 7 = All day wear

Contact Lens Hygiene:

- Always wash your hands before inserting, removing, or handling your contacts
- Keep your fingernails short, smooth, and clean
- Inspect your lenses for damage before inserting
- Insert your contacts before putting on makeup & remove contacts before taking off makeup
- Gently rub your lenses to clean them every day after wearing (biweekly & monthly contacts)
- Change the solution in your case every day (biweekly & monthly contacts)
- Use only the solution that the doctor has recommended
- Follow your lens replacement schedule (daily, biweekly, monthly)
- Keep a back-up pair of glasses in your current prescription
- Call our clinic if you have any prolonged pain, redness, or irritation

Contact Lens Habits to Avoid:

- Never rinse your lenses or your case with tap water
- Never put your lenses in your mouth or spit on them
- Never take a shower, swim, or get into a hot tub while wearing your contact lenses
- Never wear your lenses if your eyes are red or irritated
- Never wear your lenses longer than your doctor has recommended
- Never use eye drops unless approved by your doctor
- Never use any contact lens solution past its expiration date
- Never share your contact lenses with others
- Never sleep with your contacts in, unless approved by your doctor