

SAN ANSELMO OPTOMETRY
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CONTACT LENSES



Contact lenses are wonderful innovations that bring joy and freedom from eyeglasses to many. Like wearing seat belts are an agreed upon safety measure, there are also important safety measures to take when wearing your contact lenses.

Please always follow these few most important steps to ensure healthy eyes:

- 1) Wash your hands with soap prior to handling your lenses.
- 2) Air dry your case every time you use your lenses.
- 3) Use proper disinfecting/multi -purpose solutions
- 4) Replace ALL the solution whenever you open the case not just 'top off' solution
- 5) If you leave your lenses without using them for longer than 1 week then open and replace the solution.
- 4) **Replace your case at least every 3 months**
- 5) **Dispose of your lenses on schedule** and do NOT wait until they feel uncomfortable!
- 6) Avoid using Vaseline-type products on your skin as handling the lens will leave residue on your contact lens that may blur your vision.

These few simple rules will keep your lenses clear, comfortable and your eyes healthy.



Irritated Eye



Healthy Eye (you want this one!)

Contact Lens Fitting Fees and Services

Fitting fees are a 'one time' cost you pay that includes the extra testing and all follow-up contact lens visits during the fitting process.

Unlike some offices that may spend little time in perfecting your lens fit, I review any improvements that occur on your follow up visits. I wear contacts and spend as much time with your eyes as I would my own.

As your eyes adapt to the new lenses, often there are prescription changes that occur and necessitate we change the lenses to improve your vision and comfort.

These are some of the extra procedures your contact fitting fee covers:

1. Corneal radius measurements to insure correct contact lens curve
2. Evaluation by corneal microscope for proper lens movement and fit
3. Comparison of specifications or changes to other brands when indicated
4. Testing with contact lenses in place for any prescription changes
5. Any and all lenses provided during the initial fitting process
6. Any and all contact lens visits during fitting and up to 6 months after

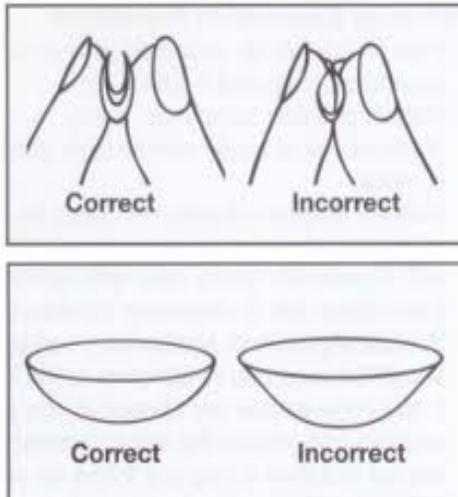
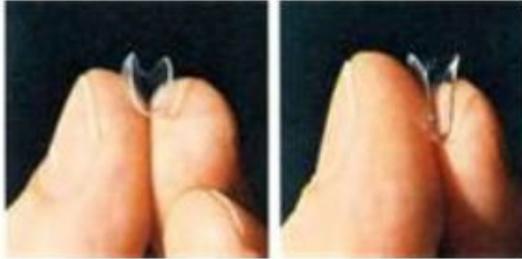
At the conclusion of the fitting process when we know exactly your contact lens prescription, you can receive a complete copy of your contact lens prescription to fill where ever you may choose.

Please let me know if you have any questions about your contacts or vision.

CONTACT LENSES INSERTION & REMOVAL PROCEDURES - [WATCH VIDEO](#)

PREPARATION – Making sure lens is right side up

Remove your lens from the case and check to see if the lens is right side out. If you put your lens on inside-out, it may feel uncomfortable, cause blurred vision, or even possibly fall out when you blink.



The correct way is to look at the lens in profile while it's on your fingertip. If the sides of the lens curve upwards and inwards or if, when you gently pinch the lens like a “taco” the edges roll inwards or towards each other, this is the correct way to insert.

The incorrect way is when the lens curves outwards in profile or when you apply the “taco” test, the edges roll outwards towards your fingers.

INSERTION

Place your lens on your index finger of your dominant hand. Let the lens dry for 10-15 seconds on your finger. Also, be sure that your finger is as dry as it can be. This way the lens will come off your finger onto your eye much easier.

Hold your upper lashes firmly against the orbit bone above the eye with the opposite hand. Pull down on the lower lashes with the middle finger of the hand with your lens. Place the lens directly over the colored part (iris) of your eye while KEEPING BOTH EYES OPEN. Slowly look in all directions to center the lens. Gently close your eye and pat the lid with your fingers to remove any air bubbles caught under the lens.

A quick search on U tube may also give examples of various ways people insert their lenses.

There are also handheld devices to help you insert (or remove) your contacts. Of course, it is best not to rely on them should they one day not be available. This is a good one on Amazon for about \$9 called 'DMV Soft Lens Handler'.



REMOVAL

Pull your lower eyelashes down with your middle finger. Look at the ceiling. Place your index finger on the lower edge of the lens and pull it down into the lower lid. Keep your index finger on the lens and bring your thumb in to squeeze the lens gently and lift it off the eye. Do not use your fingernails.

An alternate but equally effective method is to look directly at the lens in the mirror. Place your thumb and index finger at the 3 and 9 o'clock position on the contact lens. Then gently bring your fingers together and lift the lens off your eye. Then follow your cleaning and disinfecting procedure.

STEPS FOR LENS REMOVAL

1. Wash hands thoroughly avoiding creamy soaps
2. Remove one contact lens and place in palm of hand.
3. Wet lenses with disinfecting/cleaning solution
4. Rub lens for 5 seconds on both sides.
5. Place lens in contact case and cover with disinfecting solution.
6. Repeat process for the other eye.
7. In morning, dump out the disinfecting solution
8. Rinse case with hot tap water and let air dry.
9. **Replace your contact case at least every 3 months**

ADAPTING TO YOUR NEW SOFT CONTACT LENSES

There are several adaptive symptoms that may occur during your first few weeks of contact lens wear. These symptoms are perfectly normal and will gradually disappear.

LIGHT SENSITIVITY

Contact lenses let in about 7 percent more light than eyeglass lenses. In addition, the peripheral light is all in focus. Because of this, you may experience some increased light sensitivity. It likely will diminish over time. We always recommend you get a good pair of UV absorbing sunglasses to always protect your eyes from UV and the sensitive skin around your eyes where sun screen seldom is used.

BURNING

A slight feeling of “hotness” or “burning” may occur during the early days of wearing your lenses. If burning becomes excessive lenses should be removed, cleaned, rewetted and re-inserted. If burning persists after all day wear has been achieved, other factors may be present; poor blinking; improper storage, cleaning, wetting; allergic reactions to a particular solutions; face cream; hair spray; eye makeup; smog.

DRYNESS

Dry feelings may result from dried mucous or other deposits directly on your lenses. Remove lenses, clean, wet and reinsert. Additionally, poor blinking can cause dryness. A conscious effort to develop ‘proper’ blink habits helps alleviate this condition. Also, you may rewet your lenses while they are still in your eyes.

YOUR SOFT CONTACTS: HINTS FOR BETTER EYE CARE

SUNGLASSES

We recommend wearing optical quality sunglasses when in wind or bright sunlight. Sunglasses slow tear evaporation and keep a more normal blinking pattern for increased contact lens comfort and vision. Distortion free lenses prevent eyestrain. Ultraviolet protection may prevent cataracts and inflammation.

CLEANING LENSES

It is always fine to remove your contacts during the day and clean them if you feel it is necessary. Rinse well and reinsert.

CURRENT PAIR OF EYEGASSES

Even though contact lenses may be your preferred way to see, it's very important that you have an updated current pair of eyeglasses when you remove your lenses. In this way, you will see clearly and also not over wear the contact lenses because your eyeglasses have poorer vision. Also, sometimes you may inadvertently get an eye infection and need to remove your contacts for a few days or weeks. So looking good at work or school becomes even more important with up-to-date stylish eyewear.

LOTIONS AND OILS

Keep lotions and oils away from the contacts, especially prior to lens handling. Thoroughly scrub your fingertips with a nailbrush if any oils, cooking spices, or smoking products have been handled recently.

LENS STUCK ON EYE

This is nothing serious as long as you thoroughly moisten the lens with lots of saline or disinfecting solution to **make sure it slides easily on the eye before removing the lens**. Let us know if this occurs.

“SOMETHING UNDER THE LENS!?”

Occasionally, a small particle of dust may get under your lens. If your solutions are available, then simply remove the lens, rinse and re-insert. An alternative way of dealing with dust under the lens may be helpful. IF removing the lens is not possible, gently slide the lens off the front of your eye and onto the white part. Then gently slide the lens back to it's original position over the colored part of the eye (cornea). If tings resolve, nothing more needs to be done.

SWIMMING

If you swim or shower with your lenses on be sure to keep your eyes closed under the water and avoid getting splashed. Chlorinated water may be irritating to the eyes. Wearing swim goggles can help. Many people swim wearing goggles and even snorkel or scuba dive without difficulty. **When in doubt about contamination, replace your contact lenses.**

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SOFT CONTACT LENSES

Wearing contact lenses is one of the more enjoyable experiences. However, professional follow-up care is needed to monitor your eye health and insure proper lens fit.

Prolonged vision changes, irritation or redness, should be reported. Your eyes should always: "Feel Good, Look Good, and See Good".

In order to stay healthy, the cornea must get oxygen. (The cornea is the transparent dome over the colored iris where your contact rests.) Unlike other parts of the body, there are no blood vessels in the cornea to supply it with oxygen. The oxygen must come from air and from the water in tears.

The potential problem with contact lenses is that they might block the cornea's supply of oxygen. Therefore, soft lenses are made of plastic that absorbs water. There is oxygen in water, so the higher the water content of a lens, or the thinner the lens, then the more oxygen passes through to the cornea.

If your eyes bother you anytime or if you have any questions or concerns, we want to be the first to know. While many people are successful in wearing their contact lenses, there are certain environmental, personal, physical and psychological factors that adversely affect you wearing your lenses.

Some of these are:

1. Certain medications to control changes in your health
2. Poor personal or lens hygiene
3. Pollutants in the environment
4. Deterioration of the contact lens
5. Emotional stress and general health.

CORRECT BLINKING WITH YOUR CONTACTS

It is important that all contact lens wearers develop good blinking habits. Correct blinking often makes the difference between success and difficulty with contact lens comfort.

EFFECTS OF BLINKING ON THE EYE

The important function of blinking is to spread the tear film across the cornea and contact lens. This maintains a natural moist condition with protects the eye and lens from the irritating effects of dryness. During a blink, the upper lid moves downward to touch the lower lid; the lower lid does not move up.

In a 'partial blink', the lids do not touch each other, a portion of the cornea and/or contact lens remains exposed and it not moistened by the tears. This can cause itchiness, scratchiness, redness, burning or a tired, heavy feeling.

THE BLINKING EXERCISE

There are two sets of muscles in the eyelids. We will call them the "heavy" and "light" muscles. The heavy muscles are there to close the eyes quickly in emergencies. They should not be used in normal blinking. We also learn to use these heavy muscles to "squint" or sometimes partial blink. These habits need to be eliminated to wear contact lenses with maximum success and comfort.

Tension created by use of these heavy muscles can be felt by gently placing your index fingers at the extreme outer corners of your eyelids. Don't push or pull with your fingers; just let them rest at the lid angle, then blink slowly and completely with the gently-closing "light muscles". You may be surprised at how tense the muscles feel. Once you realize you are using the wrong muscles, you can quickly correct the problem.

STEPS FOR CORRECT BLINKING

1. **RELAX.** To relax your eye muscles, you should relax and be at ease. Do not force any eye movement during the exercise since it will cause muscle tension which can be felt through the fingertips.
2. **CLOSE.** Close your eyes gently in a fluid motion just as they close when you fall sleep. If your fingertips detect any "heavy" muscle tension, concentrate on "closing in slow motion".
3. **PAUSE.** At closure, pause for 3 seconds. This allows the upper lid to make a full closure and lets you learn the feeling of completely closed, relaxed lids. Some people experience a slight lid "spasm" until they learn to relax.
4. **OPEN.** Open slightly wider than normal, but not to the point of wrinkling your brow, only slightly wider.
5. **PAUSE.** Pause for 1 second.

The average everyday blink rate ideally is 12-14 times per minute. Tasks such as reading, computer work, or other high concentration situations can drop the blink rate to as low as 2 or 3 a minute. The rewards gained through correct blinking are sharper vision, improved eye health, reduced eye redness and maximum contact lens comfort.

COSMETICS AND CONTACT LENSES

To maintain success in wearing contact lenses and cosmetics, here are some make-up tips to follow. It's best to purchase only enough make-up to last 3 months to prevent eye infections.

SOAPS

Oil-based facial soaps containing creams and lanolin or perfumes should be avoided. Also, the commonly used "liquid soaps" should be avoided if they have an oily nature and don't rinse off well. The oil could be transferred to your lenses.

Avoid Vasoline Intensive Care -type products.

APPLYING MAKE-UP

Contact lenses should be put on before applying any cosmetics. It is important to clean your hands with an oil-free soap before lens insertion. Soft lenses will absorb oil, dirt, and cosmetics and cause eye irritation and lens deterioration. Rigid type lenses will also become coated with oils and possibly cause dryness and vision problems.

MASCARA APPLICATION

Mascara for contact lens wearers should be water-soluble so that small particles that may get in the eye are flushed out by the tear action. Also, water-soluble mascara is more easily removed without rubbing and without using a heavy, greasy product. Mascara should be applied to the tips of the lashes rather than to the base. To minimize the flaking problem, it should be applied in two coats; an initial thin coat should be allowed to dry before a thin second coat is applied.

EYELINER

A pencil that does not flake easily is preferable to a liquid which tends to dry with time and cause particles to flake into the eye. Eyeliner should not be applied on the inner rims of the eyelids or the pigment may come into contact with the lens and be absorbed.

EYESHADOW

A crème shadow or one with a pressed powder base is preferable because neither one flake and both cling to the eyelid better.

MAKE-UP REMOVAL

As with soaps, oil-based make-up removers or heavy greasy preparations such as cold cream should not be used. **Avoid Vasoline Intensive Care-type products.** They will coat the lens and blur vision. Water based products will not leave a residue on the lenses.