

COVENTRY EYE ASSOCIATES, P.C.  
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## CONTACT LENS INSTRUCTIONS

**Our office requires that all contact lens wearers have a backup pair of glasses, filled with a current prescription.**

- Always wash and rinse your hands before handling lenses.
- Only use the recommended cleaners and conditioning solutions.
- **DO NOT** use saliva or homemade saline solutions.
- After putting your lenses, empty and rinse the lens case with hot tap water: then allow to air dry.
- If the eyes are irritated, use artificial tears to lubricate the eye. Only use the recommended tears that are compatible with your contacts.
- If the lens sticks on the eye, apply a few drops of tears before removing.
- If the lens appears discolored, chipped, cracked or damaged, **DO NOT USE IT!!!**
- If the lens is uncomfortable: Remove the lens, rinse with conditioning solution, and re-insert it. If the discomfort continues call the office to schedule an appointment. **NEVER WEAR A LENS THAT IS PAINFUL.**
- Contact lens users need to be seen yearly to evaluate the fit and check the health of the eye.
- **Never sleep with your contacts in!**
- If you see dirt, an eyelash, or a foreign body on the lens: Rinse thoroughly with a sterile contact lens solution and then re-insert.
- Hair spray is difficult to clean off of your lens. If you use it, make sure you keep your eyes closed until all the mist of the hairspray has settled.
- **NEVER EVER WEAR CONTACT LENSES IN HOT TUBS, SWIMMING POOLS, THE SHOWER, OR THE OCEAN.**  
**\*\*\*\*ANY BODY OF WATER\*\*\*\***

**Disposable contact lens users only:**

Your lenses should be soaked EVERY night in a multipurpose solution. They are good for \_\_\_ days of wear. Discard and open a new pair after \_\_\_ days of use.

**Non-disposable contact lens users only:**

Make sure to keep your original vials the contacts came in for a full 90 days. In case we have to return them due to a defect, we must do so in the original vial.

Please Note: Even if you care for your lenses properly and follow all of our recommendations, there is still a risk of developing an infection secondary to contact lens use, which may result in loss of vision.

\_\_\_\_\_  
Patient Signature/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician/Nurse/Tech Signature