

# San Anselmo Optometry

## EXTENDED WEAR CONTACT LENSES

When properly cared for and fitted correctly, many people can safely and comfortably sleep in higher technology contact lenses. Thorough evaluation over several visits will determine the healthy interval though 3 to 4 nights in a row maximum is a common schedule.

Obviously, it is always fine to wear lenses daily or for shorter overnight intervals. Dispose of each pair of contacts as instructed as this is part of being successful at extended wear.

Since your lenses are kept in your eye for longer intervals, there is an increased chance for eye problems to occur. Safety risk is small when you follow the schedule and directions given you about your contacts.

While wearing contacts your eyes should look well, feel comfortable and vision should be clear.

- If you have a problem, immediately remove your lenses and contact our office.
- Carefully follow your instructions for lens wear, care and lens replacement.
- Never wear your lenses for longer periods than prescribed for you.
- Keep your appointments for follow-up care and periodic checkups .

In the morning, it is often helpful to put a few drops of multipurpose solution directly into your eye to moisten the lenses. This is not necessary but something you can do if they feel dry.

If your eyes ever get red or feel uncomfortable remove the lens and call our office. If instructed, you may begin lenses again but do not sleep in the lens until you visit our office.

Waking up with clear vision is a very enjoyable experience and following these few directions for success will insure your eyes stay healthy and you enjoy overnight wear for years to come.

