

# Daily Wear Soft Contact Lens Rules

*courtesy Frank D. Fontana, O.D., F.A.A.O.*

<p>1. DO disinfect your lenses as directed. If you are unable to disinfect, put the lenses in a saline-filled case and store in the refrigerator. (Not in the freezer).</p>	<p>1. Do NOT swim with your lenses on. (Wear tight goggles if you must.)</p>
<p>2. DO use only the solutions recommended by the doctor.</p>	<p>2. Do NOT pick up a dried lens hurriedly. It is the doctor. best to moisten it first with saline solution to soften it, then place it in case to soak for at least an hour.</p>
<p>3. DO use the lubricant in the eyes liberally when the lenses feel dry.</p>	<p>3. Do NOT get both lenses stuck together. If this happens, moisten with saline or a surface cleaner and try to slide lenses apart.</p>
<p>4. DO use the enzymatic cleaner once a week or as instructed.</p>	<p>4. Do NOT force a lens that is stuck to the top of your carrying case. If this happens, fill the case compartment with saline and allow to soak for approximately one-half hour. Try spritzing and wetting the lens first.</p>
<p>5. Do wait approximately one half-hour before putting lenses on if you are using eye drops other than the lubricant and one hour after swimming.</p>	<p>5. Do NOT sleep with lenses on-but do not panic if you do-nothing will happen. Just be sure to moisten the lenses with the lubricant before removing upon awakening.</p>
<p>6. DO check the lenses for lint, mascara, nicks and tears, or to see if it is inverted.</p>	<p>6. Do NOT be careless with hand creams or around strong fumes and hair spray.</p>
<p>7. DO be careful when removing the lenses. Watch for long fingernails.</p>	<p>7. Do NOT mix heat or chemical methods of care unless instructed by this office.</p>

8. DO be careful when placing the lens in the case; make sure the lens is centered and gently close the lid.

9. DO keep the lenses carefully separated.