



Dr. J. Allen Puma,
Optometrist
30 Main St., Suite 120
Burlington, VT 05401
(802)658-7610
FAX: (802)864-0893

Care and Contact Lens Center

Hot Tips Soft Contact Lens Wearers

ALWAYS have a current pair of glasses available. You will need them when you:

- Clean your contact lenses
- Lose or damage a contact lens
- Notice that your eyes are tired
- Are ill
- Have an eye infection or injury
- Travel long distances by plane

NEVER put your contact lenses in your mouth or use saliva to moisten your lenses. Saliva contains microorganisms that can cause serious eye infections.

ALWAYS remove lenses before showering, swimming, and hot-tubbing.

DO NOT sleep with your contact lenses in, unless your optometrist has given you permission to do so. Most lenses are not approved for overnight wear. If you accidentally sleep in your lenses, apply rewetting drops, and make sure the lenses slide easily before attempting to remove. This may take several minutes.

USE lint-free towels for drying your hands.

REMEMBER that your progress check-ups and your annual examinations are important, even if your lenses feel comfortable and your vision is clear. The health of your eyes must be monitored on a regular basis. Don't forget to bring your lens case and glasses with you to each appointment. You should insert your lenses several hours before every appointment.

WEAR high-quality, UV protective sunglasses over your contact lenses. Remember, darker doesn't necessarily mean more protection. Over-the-counter sunglasses from your local drugstore may not be sufficient.

WEARING CONTACT LENSES does not exempt you from wearing protective eyewear during high-risk sports, hobbies, and occupations. Protect your eyes from injury by wearing non-prescription safety glasses appropriate for your activity.

TRAVELING & CONTACT LENSES: Bring back-up eyeglasses and contact lenses with you, and be sure to carry copies of your eyeglass and contact lens prescriptions, too. You will need an adequate supply of contact lens solutions (be sure to pack these in your carry-on baggage). Airplane cabins are extremely dry. So wear your glasses for **extended** flights.

OTHER TIPS

- ✓ Be gentle when handling your lenses. Pinching and creasing may create weakened areas that will ultimately rip.
- ✓ Soft lenses must always be kept wet (hydrated.) If a lens dries out, it becomes very brittle and can break easily. Soak the lens in saline or in a soaking solution for 5-10 minutes. Examine the lens for damage and disinfect according to your normal procedure before wearing.
- ✓ Never use tap water or distilled water on your lenses. They contain impurities that can contaminate and /or discolor your lenses. Lenses applied after being rinsed in either type of water can adhere to your eye, thus causing extreme discomfort.
- ✓ If a lens folds in half and sticks together, allow it to soak for 5-10 minutes. Then take it between your thumb and forefinger and try to gently roll it open. DO NOT pry it open with your fingernails - the lens will rip.
- ✓ If you drop a lens and cannot find it immediately:
 - DO NOT MOVE. Check your clothing and the area around you.
 - The lens may look like a bead of water.
 - If you are unable to find it, leave the area and return in a few minutes. When the lens dries out, it may be easier to locate.
- ✓ Be aware that oily substances may not be removed from your fingers with only one washing. These residues can be absorbed into your soft lenses. Common substances that have caused problems for other contact lens wearers are:
 - Gasoline
 - Food oils: garlic, onion, chili peppers
 - Paint thinner
 - Creamy, liquid soaps in dispensers
- ✓ Aerosol sprays and chemical fumes can invade your lenses. Wear lenses in well-ventilated areas. If sprays are being used, close your eyes. If you are going to the hairdresser for a permanent, don't wear your lenses.