

Burke Optometry

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Patient name: _____ Date: _____

As a patient wearing contact lenses, it is important to understand a few things as you begin.

* Good hygiene is important. It is mandatory to wash your hands with soap and warm water every time before handling the contact lenses.

* If you are using your lenses more than once, you will have a storage case. Keep the case clean and use fresh storage solution each time you put the lenses away for the day. Do not "top off" and reuse the storage solution. Only use the solution recommended by your doctor. Saline solution and re-wetting drops. DO NOT disinfect contact lenses and must not be used as the overnight storage solution.

* If you wear eye makeup, insert the lenses before applying eye makeup and remove the lenses at the end of the day before washing your face and removing makeup. Only use water-soluble, washable eye makeup when you wear contact lenses. Waterproof eye makeup cannot be cleaned off a contact lens surface.

* If you are using lenses more than once, carefully and regularly clean them. When you remove each lens, rub the lens with a couple drops of your soaking solution with your pinky fingertip in the palm of the opposite hand. Next, rinse the lens with the storage solution and store each lens in fresh solution in the case.

* Do not share your contact lens storage case, contact lenses, eye drops or any eye makeup with anyone.

* Be careful that the tip of any solution does not touch a surface to avoid contamination of the contents.

* Only use contact lens lubrication/rewetting drops (such as Blink Contacts) in your eyes while you are wearing the contact lenses. If you wear daily disposable lenses, you can use non-preserved artificial tears while wearing the lenses.

* Keep the area where you work to insert the lenses clean and if you are over a sink cover the drain with a clean cloth or paper towel.

* Remove contact lenses before swimming or entering a hot tub to avoid contamination with bacteria, fungus and other germs in the water. Soft contact lenses are tiny sponges and absorb everything around them.

Recommended cleaning and storage solution: _____

Saline solution works as a rinse for daily disposable lenses; no disinfecting solution is needed if you throw them away daily.

Wearing time during contact lens adaptation period:

Day 1 _____ hrs max Day 2 _____ hrs max Day 3 _____ hrs max Day 4 _____ hrs max
Day 5 _____ hrs max Day 6 _____ hrs max Day 7 _____ hrs max

It is very important that you follow the recommended schedule for maximum comfort and successful adaptation to contact lenses. Also, follow the recommended replacement schedule for your lenses: _____ daily / 2 week / 1 month / other _____

**** Any pain, redness or discharge is NOT normal and the lenses should not be worn. If you see a defect in a lens, do not insert it onto your eye. If your eyes are not comfortable for any reason do not wear the contact lenses. Any persistent issue needs to be checked by your doctor. ****

Follow-up contact lens check appt: _____ - wear the lenses for this appointment A contact lens prescription will be released to you once it has been determined that you have a satisfactory fit with good vision and comfort. The prescription will be valid for one year.

During office hours, Mon-Fri 8 a.m. - 5 p.m., call the office at 224-5454 if you have any questions or concerns. If you have a contact lens related emergency after hours you can reach Dr. Germaine Burke at 209-403-5315. Visit aoa.org for more information on caring for contact lenses.