

Marion Eye Centers & Optical Contact Lens Care and Handling

IL (800) 344-7058 MO (877) 269-4545

Name of Doctor _____

Date: _____

Name of Patient/Chart # _____

Store Name: _____

Lens Care Instructions

Proper care is necessary for successful wear, normal lens life, and good eye health. You will require products to clean, disinfect and store your contact lenses. Use them as instructed.

Your lens cleaner is _____

Your lens disinfectant is _____

Your soaking solution is _____

Your rinsing solution is _____

Eyedrops to use before sleep and upon waking, if applicable _____

NOTE: These products have been prescribed specifically for your lenses and eyes. Do not change or substitute brands unless you check with us first. Use of improper solutions may result in lens damage or eye irritation.

Please note that although certain brands of lenses may be FDA approved for up to 30 days of wear, the adaptability of your eye is the key factor in determining wear time. Trust us to recommend a schedule suited to your individual needs. And remember, like any medical device contact lenses must be monitored on a regular basis. Professional follow-up is the most important element in successful long term lens wear.

In the beginning it is normal if:

- 1) Your lenses itch or feel funny.
- 2) One lens is more noticeable than the other.
- 3) Your vision seems fuzzier than with glasses.
- 4) One eye sees better than the other.
- 5) You have trouble handling your lenses.

Remove and do not wear your lenses if:

- 1) You develop unusual pain or redness.
- 2) You develop unusually cloudy or foggy vision.
- 3) You experience a decrease in vision that does not clear up.
- 4) You suspect something is wrong.

and call our office or your doctor.

* Wearing Schedule

* Next Appointment: _____

Special Instructions

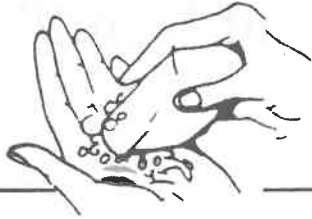
* If your lenses were not prescribed by the doctor adjacent to or within our location you must return to your doctor for instructions and follow up on all of the above.

* X

Patient/Customer Signature

Marion Eye Center Associate

Instructions for the Care and Handling of Contact Lenses



1) Wash Up Before handling your lenses, wash hands, rinse well, and dry with a lint free towel. Fingernails should be short and smooth to avoid damaging the lenses or scratching your eye.



6) Eyedrops One or two drops of lens lubricant are recommended if your lenses feel dry or if blurry vision occurs while wearing. Eyedrops may also be helpful prior to removal if your lenses feel dry or sticky.



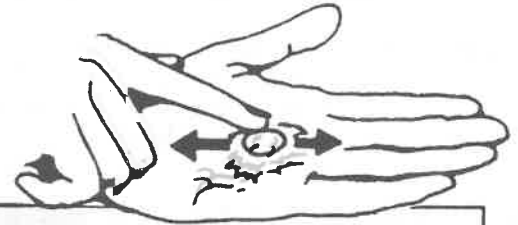
2) Rinse Off Remove lens from the case and rinse it well. To avoid possible mix-ups, take the right lens first each time.



7) Removal Wash hands before removal. Slide the edge of your lens down onto the white part of your eye (sclera). Then gently squeeze the lens between your thumb and forefinger to remove.



3) Inspection Place the lens on your forefinger to inspect it for cleanliness and determine if it's right side out.



8) Cleaning Your contacts must be cleaned after wearing. Place the lens in your palm, put a drop or two of cleaning solution on it and rub in a straight back and forth motion.



4) Inverted Lens If the lens is in the correct position, the edges will appear almost straight up. When inverted, the lens edges will flare out slightly. This is often difficult to determine until you have had a little practice.



9) Clean Case Before storing your lenses overnight, rinse your case well with cleaning solution and refill with fresh solution.



5) Insertion a) Hold the upper lashes (not the lid) to prevent blinking b) Pull the bottom eyelid down c) Focus on a steady point with the eye you are not putting the lens on d) Place the lens on the central cornea, not to the side e) Do not blink until the lens is in place.