

# SMART TIPS



From Tricia and Dr. Murphy



## TIP #1 Clean Hands

Always wash your hands before handling your lenses or touching your eye area.



## TIP #2 Proper Disinfection

**Your contact lenses should be disinfected whenever they are removed from your eyes for overnight storage.** Contact lens saline solutions or cleaning solutions are not suitable for disinfection. Use a solution that was created for disinfecting soft contact lenses. If a hydrogen peroxide based disinfecting solution has been prescribed for you, do not change to a multipurpose disinfecting solution.



## TIP #3 Use Fresh Solution Every Night

Reusing your solution causes the disinfecting potency to diminish. This may lead to serious eye infections. Always use fresh solution when storing your lenses.



## TIP #4 Rub Your Lenses

Even though you may be using a No Rub disinfecting solution, lightly rubbing your lenses before placing them in fresh solution for the night will clean off mucous and bacteria and allow the disinfecting solution to do a more effective job.



## TIP #5 Air Dry Contact Lens Case

After your lenses are inserted in your eyes, wipe out the case with a paper towel and allow it to air dry with the caps off.



## TIP #6 Lens Hurts On Insertion

If your lens hurts when you first put it in, it is usually one of three things: 1) something is on the lens, 2) the lens is inside out, or 3) there is a hole or tear in the lens.

First, something small like a piece of lint could be between your eye and the back of the lens. Solution: Wash your hands, remove and rinse the lens with disinfecting solution or non-preserved saline solution.

Second, look at the lens and make sure it is not inside out.

Third, while the lens is out, make sure there are no obvious tears or holes in the lens. It is very common for new wearers to handle the lenses roughly in the beginning. This often results in a defect in the lens.

If on several attempts at reinsertion, the lens continues to hurt, it is time to get another lens. **Under any conditions, never continue to wear a lens that is uncomfortable, and never continue to wear a lens on a red, inflamed eye.**



#### TIP #7 Help from Others

If you are having trouble with a lens, never allow anyone but a trained professional to put their fingers in your eye in an attempt to help you.



#### TIP #8 If You Can't Get Your Lens Out

If a lens does not come out after several attempts, stop and check to make sure the lens is indeed in the proper position. If the lens is not on the front of the eye, then it more than likely has fallen out. Occasionally though, it may move off center and slide up underneath the upper lid.



#### TIP #9 Don't Mistake Another Bottle for Your Bottle of Contact Solution

Keep the contact solution that goes in your eye away from the other solutions or bottles that may clutter your vanity or counter top. Several patients have chemically burned their eyes because they hurriedly picked up the wrong bottle and contaminated their contact lenses with a harmful product.



#### TIP #10 Don't Sleep With Your Lenses On

Unless you and Dr. Murphy have agreed on a sleep schedule, you should never sleep with your contact lenses on.



#### TIP #11 Swimming and Water Sports

Use your judgment regarding swimming and other water sports. Because of a germ called *acanthamoeba* that is present in almost all water, it is generally not advisable to wear lenses while swimming. *Acanthamoeba* infections are extremely rare, but if you get one, it can be very devastating to your vision. However, if wearing the contacts would prevent you from having an accident, such as running into something while water- skiing, then it would probably be worth the small risk of getting an *acanthamoeba* infection.



#### TIP #12 Ultraviolet Light

Protect your eyes from harmful ultraviolet light. Wear good non-prescription sunglasses over your contact lenses.



#### TIP #13 Proper Follow Up Contact Lens Care

Waiting until your lenses are filthy and your eyes are red and painful leads to crisis care. A serious eye infection from improper care could result in a permanent loss of vision. Proper follow up contact lens care has been proven to reduce the incidence of contact lens crises which could curtail your ability to wear contact lenses.



#### TIP #14 Wear Your Contacts To Your Eye Exam Or Contact Lens Evaluation

The only exception should be if your contacts are bothering your eyes to the point that they should not be worn.