



It is very easy to become a successful contact lens wearer as long as a few simple common sense guidelines are kept in mind.

ALWAYS

- Wash, rinse and dry your hands thoroughly before handling your lenses.
- Have an up-to-date pair of spectacles for when you need to remove your lenses.
- Replace the lenses and lens case at the interval specified by your practitioner.
- Have regular check-ups with your practitioner as recommended.
- Seek professional advice if you are having problems with your contact lenses.
- Ask yourself these three important questions each day that you wear your lenses:

Do my eyes look good?
Do my eyes feel good?
Do I see well?

If you cannot answer 'yes' to all of these, or you have any other doubts concerning your contact lenses, remove your lenses immediately and seek the advice of your contact lens practitioner.

NEVER

- Go to bed with a painful red eye - seek advice immediately.
- Bring any contact lens in contact with tap water.
- Wet your lenses with saliva.
- Wear your lenses for swimming (unless you use goggles) or showering.

SOLUTIONS

Advice regarding your lenses is given with each individual circumstances borne in mind including the type and brand of contact lens solution. If there are any future complications with your lenses and we are not aware of the solution you are using it may be because that solution is not suitable for your lenses. Even solutions with similar ingredients can have different concentrations, which can upset the balance and cause ocular hypersensitivity. If we are unaware of these differences it may be more difficult to eliminate the problem.

Many solutions advertise a "No Rub" formula. This has recently been shown to be an exaggerated claim. Think over a dirty dinner plate, you wouldn't just sterilise the plate without scrubbing the left-over food off! A recent study found that 90% of harmful bacteria and deposits are eradicated by the simple mechanical action of gently rubbing your lenses before sterilising them¹. Therefore, we would urge you to do this irrespective of what the bottle says.

WEARING SCHEDULE

Contact lenses can cause a whole host of complications if abused and most have no overlying symptoms. That's why it is imperative that you adhere to our advice regarding your wearing times. A study recently found that when daily wear users wear their lenses overnight or outside the approved indication, the risk of ulcerative keratitis is 10 - 15 times greater than among those who do not over wear them².

¹Contact Lens & Anterior Eye, Vol29, Issue4, C. Snyder

²Matthews TD, Frazer DG, Minassian DC Nov 1992

As your chosen eyecare professionals we feel very privileged and take your eye sight and eye health very seriously. That's why we insist on repeat aftercare visits, this is our chance to catch up on how you are and how your lenses are performing for you. It's the time when any changes can be made to improve them and to make sure your eyes stay in good health.

If you have missed a few of these appointments we may withhold your regular shipment lenses until you have been seen for a check-up. This is not a strict procedure as we understand that it isn't always easy making appointments around our modern daily lives, however, depending on the circumstances we may refuse to release lenses for no other reason than to ensure the safety of your eyes. This is in line with the British College of Optometrists Guidelines for our duty of care.

When attending aftercare appointments it is necessary to come prepared, wearing your current lenses and please bring a contact lens case and your current spectacles as you may not be able to wear your lenses following the visit.

With today's advanced manufacturing technology contact lenses are evolving rapidly. There are newer and newer designs of lenses emerging throughout the year.

The trend is to have much more breathable lenses, which, equates to better comfort and performance in all environments as well as healthier eyes. You can use your next aftercare appointment to take the opportunity of asking about these lenses, we try and keep a stock of most types so you may well be able to try a newer lens that same day.

Your Contact Lenses

Type of lenses

Replacement Frequency

Solutions

Wearing Time

Next visit

References

www.grhardwick.co.uk

www.bcla.org.uk

www.contactlensjournal.com

www.college-optometrists.org

Cleveleys
853030



Lytham
794522

Written & produced by
D Thompson & GR Hardwick
GR Hardwick Optometrists 2008

A Guide to Successful and Safe Contact Lens Wear



g r hardwick

Information Leaflets