

General Tips:

- Hands should be washed and thoroughly rinsed before handling lenses
- A soap which is free of oils, lotions or perfumes is recommended
- Hands should be dried with a lint-free towel
- Use finger tips to handle lens (avoid finger nails and sharp objects)
- Check to make sure that the lens is clean, wet and damage-free
- To avoid loosing the contact, insert over a flat and clean surface, not a sink



How To Insert Your Lenses

1. Place the wet, clean "right" lens on the tip of the index or middle finger of your dominant hand (if you're right-handed this would be your right hand), and pull down the lower lid with the middle or ring finger of the same hand. Use your other hand to hold the upper lid firmly open.
2. Be sure that the contact lens is not inside out. It should look like a bowl, not a vase. If the edges appear to have an overhang, hold the lens edges with your left index finger and thumb while gently pushing the central portion of the contact with your right index finger until it has changed formation.
3. Look directly at the lens or look directly into a mirror and place the lens directly on the cornea (the large colored circle in the center of your eye). Do not look down, this may cause a delay.
4. Slowly release your hold on the lid. If there are any air bubbles beneath the lens, close your eye, and with the eye closed, roll the eye gently. Another way of getting rid of air bubbles is to massage the lids very lightly. Under no condition, however, should you rub your eyes.

How To Remove Your Lenses

1. Look up & hold down lower lid with middle finger.
2. Use forefinger to slide lens to lower part of eye.
3. Pinch lens with thumb and forefinger and remove without excessively folding the lens.
4. Place contact lens into case with fresh solution, never re-use old solution.



Bee Cave

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Source: Ciba, www.cibavision.com, 2007

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Contact Lenses FAQs

Can contacts get lost in my eye? No. Contacts cannot pass through a thin strong membrane called the conjunctiva. However, contacts may slide under your eyelids or become displaced. If this occurs, try looking in the direction of the lens to get it to move back to the correct position.

Can I play sports while wearing my contacts? Yes, contacts are ideal for sports, providing a more flexible and stable form of visual correction than glasses. They do not slide or fog, they give better peripheral vision and may be worn with regular sunglasses. Dr. Barit always recommends wearing proper UV protection while outdoors.

Can I wear contacts if I have allergies? Sometimes people can experience discomfort while wearing contacts during seasonal allergies. You may need to reduce your wearing time or discontinue wearing your contacts until the allergy systems have passed. Some have found that daily disposable contacts make wearing contacts while suffering from allergies more comfortable.

Can I shower in my contacts? Yes, however use caution because shower water is not free from microbes or other impurities that may harm your eyes. Close your eyes while rinsing and avoid direct contact of your eyes and the water. If you get anything in your eye while showering, clean and disinfect your lenses immediately. Call Dr. Barit if any redness or soreness occurs.

At what age can someone wear contacts? It is dependent upon the individual and their parents. Pre-teens as young as eleven years old have proven to be responsible enough to care for contacts. The person must demonstrate motivation and confidence in their ability to follow Dr. Barit's instructions on wearing and caring for their contacts.

I wear bifocal glasses, can I also wear bifocal contacts? Yes. There are a number of different contact lenses that provide good vision without the hassles for bifocals or reading glasses! Without causing lines or segmented vision zones, contact lenses eliminate the need for the awkward adjustments, providing clear and comfortable vision at all distances. Many multifocal contact lens wearers enjoy them for everyday use, at work, on the golf course, and tennis court, while dancing and more!

What if I just want contacts to change my eye color, not my vision? Color contacts may be ordered with or without vision correction. However, even if worn for only cosmetic reasons, contact lenses are still medical devices and may only be worn with a prescription, under the care of a licensed Optometrist.

Are contact lenses safe? Yes, when used as directed, most people can wear contact lenses without complications. Not following your Optometrist's instructions can result in serious eye infections. Successful contact lens wear depends on following the recommendations and instructions of Dr. Barit. Over time, your eyes can change without symptoms or warning signs, which may put you at risk for developing complications. To have healthy eyes and the most efficient and comfortable vision possible, you need quality eye care on a regular basis. Only your Optometrist is educated, trained and licensed to examine, diagnose and provide treatment for your eyes.

Who should not wear contact lenses? You should not wear contacts if: you have an eye infection or inflammation, have an eye disease or eye injury or systemic disease or dryness that interferes with contact lens wear, suffer certain types of allergic conditions or are using certain medications, such as eye medications. Be sure to discuss any of your concerns or conditions with Dr. Barit.

Which type of contact lens is best for me? Soft contact lenses differ by lifestyle, vision correction and eye symptoms. There are many varieties including daily disposables, contacts for astigmatism, bifocal contacts, contacts for dry eyes, contacts for sports, contacts for small or large eyes, colored contacts, and more. You and Dr. Barit will determine which lenses are right for you.

How much do contacts cost? The cost varies depending on what type of contacts are determined best for you by you and Dr. Barit. Typically the cost of an annual supply of disposable contact lenses is less than the cost of a pair of quality glasses. In addition, manufacturers offer generous rebates for a purchase of an annual supply.

Why is it important to get regular eye exams? According to the American Optometric Association, periodic eye examinations are an important part of routine preventive health care. Many eye and vision conditions present no obvious symptoms. Early diagnosis and treatment are important for maintaining good vision and when possible preventing permanent vision loss. Contact lenses are medical devices and are only issued by prescription, which must be renewed on an annual basis.

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Contact Lenses Do's & Don'ts

Thank you for seeing, Dr. Nolan Barit, O.D. who provides full-service care for you & your contact lenses. Your visit may include: a thorough eye examination, an evaluation of your suitability for contact lens wear, the lenses, necessary lens care kits, individual instructions for wear and care, and follow-up visits over a specified time. It is generally not difficult to wear contact lenses. Following Dr. Barit's advice and regular follow-up care will prevent most problems. Please review all four pages for proper contact lens care.



Do:

- Always wash your hands before handling contact lenses.
- Remove contact lenses before swimming or entering a hot tub.
- Avoid tap water and saliva to wash or store contact lenses or lens cases.
- Always follow the recommended contact lens replacement schedule prescribed by Dr. Barit.
- Carefully clean contact lenses daily as directed. Rinse thoroughly before soaking lenses overnight in sufficient solution to completely cover the lens.
- Store lenses in the proper lens storage case and replace the case every three months. Clean the case after each use with contact solution, and keep it open and dry between cleanings.
- Only use fresh solution to clean and store contact lenses. Never Re-use old solution. Contact lens solution must be changed according to the manufacturer's recommendations, even if the lenses are not used daily.
- Call Dr. Barit if you suffer: blurred or cloudy vision (especially of sudden onset), red/irritated eyes, pain in and around the eyes, a decrease in vision that doesn't clear, or if you suspect that something is wrong.
- See Dr. Barit for your regularly scheduled contact lens and eye examination.

Don't:

- Use cream soaps. They can leave a film on your hands that can transfer to the lenses.
- Use homemade saline solutions. Improper use of homemade saline solutions has been linked with a potentially blinding condition among soft lens wearers.
- Put contacts in your mouth or moisten with saliva, which is full of bacteria and a potential source of infection.
- Use tap water or any non-sterile solution to wash or store contact lenses or lens cases.
- Share lenses with others.
- Use products not recommended by Dr. Barit to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect lenses.

Cosmetics:

- Put on soft contact lenses before applying makeup.
- Avoid lash-extending mascara, which has fibers that can irritate the eyes, and waterproof mascara, which cannot be easily removed with water and may stain soft contact lenses. Replace your mascara at least once a year, if not sooner.
- Remove lenses before removing makeup.
- Don't use hand creams or lotions before handling contacts. They can leave a film on your lenses.
- Use hairspray before putting on your contacts. If you use hairspray while you are wearing your contacts, close your eyes during spraying and for a few seconds afterwards.
- Blink your eyes frequently while under a hair drier or blower to keep your eyes from getting too dry.
- Keep false eyelash adhesive, nail polish & remover and perfumes away from the lenses, they can be damaging.
- Choose water-based, hypo-allergenic liquid foundations. Cream makeup may leave a film on your lenses.

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