

What You Need To Know About Contact Lens Hygiene and Compliance

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Contact lenses are among the safest forms of vision correction when patients follow the proper care and wearing instructions provided by their eye doctor. However, when patients do not use the lenses as directed, the consequences may be dangerous. In fact, you may be damaging your eyes by not using proper hygiene in caring for your lenses.

Contact lenses and the solutions used with them are medical devices and are regulated by the Food and Drugs Administration, therefore, it is extremely important that you maintain regular appointments to ensure you are receiving clinical guidance from your eye doctor based on your individual eye health needs.

Clean and safe handling of contact lenses is one of the most important measures that you can take to protect your eyesight. Exercising optimal care and hygiene with contact lenses can keep eyes healthy.

Recommendations for Contact Lens Wearers:

1. Always wash (and dry) your hands with soap and water for 20 seconds before handling your contact lenses.
2. Carefully and regularly clean your contacts. Place the contact lens in the palm of your hand and pour some multipurpose solution on the lens. Gently rub for 60 seconds on each side. Rinse the lens. Place the lenses in your contact lens case, fill with multipurpose solution and store overnight. In the morning, rinse the lens before inserting into your eye. Discard the old solutions from the case. Clean the case with multipurpose solution after each use. Do not clean your case with water. Replace the case every 2 months.
3. Use only products recommended by Dr.Field to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect your lenses. Never use water on your contacts.
4. Only fresh solution should be used to clean and store your contacts. Never reuse old solution. Contact lens solution must be changed everyday, even if lenses are not used daily.
5. Always follow recommended contact lens replacement schedule prescribed by Dr.Field
6. Do not sleep in your contacts. It puts your eyes at risk for infection. Remove your contact lenses before swimming in the ocean or pool, entering a hot tub, bathing, showering, or going to a waterpark. If you are splashed with water or a mist that is contaminated with a virus, fungus, or bacteria, such as pseudomonas, or a parasite such as acanthamoeba, it may get into the lens and infect the eye. An infection may occur which can scar the eye and cause vision loss, blindness, or loss of the eye.
7. Always carry your contact lens case, glasses, and a bottle of multipurpose solution with you when you are wearing your contacts. If you must remove your lenses and are unable to re-insert them, you will have a place to store and will have your glasses as a back-up.
8. If you are not wearing your contact lenses every day, you must still discard them at the end of your wearing schedule. You may not extend the life of the lens.
9. Do not smoke or be in the presence of second hand smoke. Contacts can absorb the chemicals and cause an eye infection or corneal ulcer resulting in vision loss.
10. If you are ill, discontinue contact lens wear until you are well. Discard that pair and start with a new one.
11. See Dr. Field for your regularly scheduled contact lens exams and follow-ups.

If you have any unexplained eye pain or redness, watering of the eyes or discharge, cloudy or foggy vision, decrease in vision or increased sensitivity to light, remove your contacts and make arrangements to see Dr.Field immediately.

I acknowledge that I have read items 1-11 above and all of my questions regarding contact lenses, wearing schedule, and care of contacts have been answered.

Signature

Date



Pseudomonas



Fungal infection



Acanthamoeba

These photographs of corneal infections, suffered by contact lenses wearers, might have been prevented with proper contact lens hygiene and compliance.