

Healthy Soft Contact Lens Habits


Copyright © 2010 AOCLE. All Rights Reserved.

Congratulations on your new soft contact lenses!

To ensure continued success with your soft lenses, review these healthy lens habits.

1. Wash your hands thoroughly with soap, rinse and dry them before handling your lenses.^{1,2}



2.  Do not use tap water to clean or handle your lenses or to clean the case.³⁻⁷

3. Your solution has been chosen specifically for your type of lens. Do not change without discussing this with your eye doctor.⁸⁻¹¹

Your chosen solution is _____.


4. To maintain comfortable lens wear, rub your lenses with the prescribed solution to remove protein, oil and make-up.^{12,13}



5. Store brand solutions are often old formulations of solutions and may not be compatible with your type of lens.¹⁴⁻¹⁷

6. Always recap your solution bottle.^{1, 18}



7.  Do you want to nap or sleep with your lenses? Ask your doctor if your lenses are designed for that.^{19, 20}

8. Never share your contact lenses with anyone.²¹⁻²³

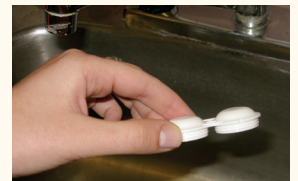
9. Before using any type of eye drop (medication or artificial tear), ask your doctor if the lenses need to be removed.²⁴⁻²⁶



10. Clean the case with your prescribed solution and let air dry completely, uncapped and upside down, on a paper towel. It is recommended to replace your case at least every 3 months.^{2, 27-30}



11. Empty completely the solution in the lens case every day. Never add more solution if there is solution already there.^{12, 28, 31}



12. Healthy lens wear should not induce redness, discomfort or visual disturbance. If you have any concerns, consult your eye care professional.

13. Your eye doctor has selected a wearing and replacement schedule for you. These are important to be followed.^{32, 33}

Your next contact lens checkup is:

Your contact lenses must be replaced every:

day 2 weeks month

Association of Optometric Contact Lens Educators
www.aocle.org

AOCLE

Warning: Use this form at your own risk. The AOCLE, its officers, and members are not responsible for any loss, injury, or damage resulting from using this form.

References

1. Szczotka-Flynn LB, Pearlman E et al. Microbial contamination of contact lenses, lens care solutions, and their accessories: a literature review. *Eye & Contact Lens* 2010; 36(2): 116-129
2. Wu Y, Carnt N et al. Contact lens user profile, attitudes and level of compliance to lens care. *Cont Lens Ant Eye* 2010; 33(4): 183-188
3. Shoff ME, Joslin CE et al. Efficacy of contact lens systems against recent clinical and tap water acanthamoeba isolates. *Cornea* 2008; 27(6): 713-719
4. Joslin CE, Tu EY et al. The association of contact lens solution use and Acanthamoeba keratitis. *Am J Ophthalmol* 2007; 144(2): 169-180
5. Booton G, Joslin CE et al. Genotypic identification of acanthamoeba sp. Isolates associated with an outbreak of acanthamoeba keratitis. *Cornea* 2009; 28(6): 673-676
6. Amos CF, George MD. Clinical and laboratory testing of silver-impregnated lens case. *Cont Lens Ant Eye* 2006; 29(5): 247-255
7. Hall BJ, Jones L. Contact lens cases: the missing link in contact lens safety? *Eye & Contact Lens* 2010; 36(2): 101-105
8. Keir N, Woods CA et al. Clinical performance of different care systems with silicone hydrogel contact lenses. *Cont Lens Ant Eye* 2010; 33: 189-195
9. Carnt N, Evans V et al. IER Matrix update: adding another silicone hydrogel. *Contact Lens Spectrum* 2008; 23(3): 40-43
10. Andrasko G, Ryan K. Corneal staining and comfort observed with traditional and silicone hydrogel lenses and multipurpose solution combinations. *Optometry* 2008; 79(8): 444-454
11. Jones L, MacDougall N et al. Asymptomatic corneal staining and comfort observed with the use of balafilcon silicone-hydrogel contact lenses disinfected with a polyaminopropyl biguanide-preserved care regimen. *Optometry and Vision Science* 2002; 79(12): 753-761
12. Butcko V, McMahon T et al. Microbial keratitis and the role of rub and rinsing. *Eye & Contact Lens* 2007; 33(6): 421-423
13. Cho P, Cheng S et al. Soft contact lens cleaning: rub or no rub? *Ophthal Physiol Opt* 2009; 29: 49-57
14. Wu Y, Carnt N et al. Contact lens and lens storage case cleaning instructions: Whose advice should we follow? *Eye & Contact Lens* 2010; 36(2): 68-72
15. Gromacki S. The truth about generics. *Contact Lens Spectrum* 2005; 20(12): 24
16. Gromacki S. Solution confusion. Supplement to review of *Optometry*; Review of *Cornea & Contact Lens* 2010; 147(1)
17. Ward MA. How private label solutions affect your practice. *Contact Lens Spectrum* 2006; 21(3): 25
18. Collins M, Coulson J et al. Contamination of disinfection solution bottles used by contact lens wearers. *CLAO* 1994; 20(1): 32-36
19. Cho P, Cheung S. Napping in contact lenses-an underestimated risk. *Contact Lens Spectrum* 2010; 51
20. Dumbleton K. Adverse events with silicone hydrogel continuous wear. *Cont Lens Ant Eye* 2002; 25: 137-146
21. Steinemann T, Fletcher M et al. Over-the-counter decorative contact lenses: cosmetic or medical device? A case series. *Eye & Contact Lens* 2005; 31(5): 194-200
22. Steinemann T, Pinninti U et al. Ocular complications associated with the use of cosmetic contact lenses from unlicensed vendors. *Eye & Contact Lens* 2003; 29: 196-200
23. Foulks G. Prolonging contact lens wear and making contact lens wear safer. *Am J Ophthalmol* 2006; 141(2): 369-373
24. Tabuchi N, Watanabe T et al. Adsorption of actives in ophthalmological drugs for over-the-counter on soft contact lens surfaces. *J Oleo Sci* 2009; 58(1): 43-52
25. Kading D. A two-week clinical evaluation of the safety of systane ultra in contact lens-wearing patients. *Clinical Ophthalmology* 2010; 4: 27-32
26. Nichols J, Sinnott L et al. Hydrogel contact lens binding induced by contact lens rewetting drops. *Optometry and Vision Science* 2008; 85(4): 236-240
27. Yung A, Boost M et al. The effect of compliance enhancement strategy (self-review) on the level of lens care compliance and contamination of contact lenses and lens care accessories. *Clinical and Experimental Optometry* 2007; 90(3): 190-202
28. www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/ContactLenses/
29. Willcox M, Carnt N et al. Contact lens case contamination during daily wear of silicone hydrogels. *Optometry and Vision Science* 2010; 87: 456-464
30. Wu Y, Zhu H et al. Impact of air-drying lens cases in various locations and positions. *Optometry and Vision Science* 2010; 87: 465-468
31. Proença-Pina J, Ssi Yan Kai I et al. Fusarium keratitis and endophthalmitis associated with lens contact wear. *Int Ophthalmol* 2010; 30(1): 103-107
32. Dumbleton K, Richter D et al. Compliance with contact lens replacement in Canada and the United States. *Optometry and Vision Science* 2010; 87(2): 131-39
33. Dumbleton K, Woods C et al. Comfort and vision with silicone hydrogel lenses: effect of compliance. *Optometry and Vision Science* 2010; 87(6)