



Contact Lens Information

Your contacts are to be replaced on the:

1st of the month and/or 15th of the month daily _____

Your recommended contact solution is: Optifree-Puremoist Biotrue Clear Care/Peroxiclear

The following are tips and tricks for successful contact lens wear that Dr. Tate recommends:

- Only handle your contacts with **washed hands** dried with a lint free towel.
- Insert contacts **before** you put makeup on, remove your contacts before removing makeup.
- Remove lenses **every** night before bed. Soak them in **fresh** solution every night.
- If you do accidentally sleep in the lenses, use a drop of tears or contact lens solution when you awake to moisten them before removal.
- If your eyes become dry with the contacts, use a drop of a quality artificial tear. If you are using tears daily, let your doctor know so they can recommend better treatments. **Never use saliva or tap water** to moisten the lens.
- It is best not to swim in contact lenses. If you do, leave the contacts in the eye for an hour after swimming to let your natural tears wash out the contact lenses. Then remove the contacts and allow them to soak for a few hours.
- Replace your case every 3 months. Clean your case with contact solution as needed, not water
- If your eyes become unusually red or painful, remove the contacts and contact us ASAP!
- If your contact tears, let us know! We will be happy to replace it!
- Most contacts have some UV Light Protection, but Dr. Tate Recommends using a quality pair of sunglasses over the contacts. We offer sunglasses discounts with contact lens purchases

We are here to make your contact experience the best it can be. If you have any problems, please let us know we are here to help. If you experience any discomfort or blurry vision please call us so we can make your contacts comfortable and your vision as clear as possible.

When purchasing a year supply of contacts, we will include manufacturer rebates that are only available at your doctors office, and 30% or \$50 off sunglasses purchased with a year supply of contacts! If you find a cheaper price online please let us know! If we can we will match it.

- Dr. Tate's recommended Insertion and Removal Procedure
 - **Insertion**- Place the lens on the pointer finger of clean dry hands. Check the edges so that the lenses are not inside out. An inside out lens will flare out more at the edges while a properly placed lens will be more bowl shaped, with the edges pointing up. With your free hand hold the upper eyelid up by holding the eyelashes against the eye bone. You may find it helpful to raise your eyebrows. Use spare fingers on the hand with the contact to hold the lower eyelid down. Look straight at the finger with the contact while you put the contact lens on the eye.
 - **Removal**- Look up with the eyes. Pull the lower lid down with your ring finger. Touch the bottom half of the contact lens with your pointer finger and pull it down onto the lower white part of the eye (it is less sensitive). Gently pinch the lens off the eye with your thumb and pointer finger.
- Do not switch contact lens solution brands. Use only the type that the doctor recommended for your lenses. Generic brands, such as equate, do not have the same chemicals. They will not disinfect as well and can irritate the eye and or lenses. Contacts are to be discarded after the recommended amount of time since they were opened, not the amount of days used.

More info can be found on our website under the contacts and solutions page.