Advice for Contact Lens Wearers

Follow-Up Visits
When you collect your lenses you will be shown how to use them also be advised when to return for your follow-up visits. This is normally every 12 months for daily wear and every 6 months for extended wear.

When returning for these subsequent consultations be sure to insert your lenses at least 2 hours before-hand.

Blinking
The lenses require a normal tear supply and normal blinking to remain clear and comfortable whilst being worn. If they feel a little dry, don’t forget to blink.

Showering & Swimming
Showering with your lenses on your eyes is reasonably safe, but swimming presents a higher risk of losing a lens. In both cases you should keep your eyes closed when your face is immersed.

Saliva
Never put your lenses in your mouth to wet them. Saliva is not a sterile solution.

Hairdressing
It is advisable to leave your lenses out when sitting under a hair-dryer or directly in front of a fan or heater as these could dry the front surfaces of the lenses excessively.

Flying
Air travel may cause similar dryness problems due to low humidity and long periods of reading can reduce your frequency of blinking to an inadequate rate for contact lens wear.

Warning re Bifocal or Monovision Contact Lenses
While these types of contact lenses provide good vision for both far and near, care should be taken in situations which require clear vision and good judgement of depth or distance. (For example: Driving and over-taking).

Torn Lenses
Never continue to wear an uncomfortable lens that has become torn or damaged.

Disposables
If your lenses are disposable, be sure to discard them at the recommended time. Complications can occur when these lenses are worn too long.

Warning re Eye Safety
There is a danger to your eyes from the abuse of contact lenses. Please follow all the advice of your optometrist and be sure never to wear the lenses if your eyes are sore, infected or injured in any way.

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