Lens Care:

* Store your contact lens case upside down with the caps off.
* Replace your lens case every three months.
* Don’t expose your contact lenses to any water: tap, bottled, distilled, lake or ocean water. Doing so will increase your risk of infection and can damage lenses.
* Don’t "top-off" the solutions in your case. Discard all of the leftover contact lens solution after each use. Never reuse any lens solution.
* Don‘t expose your lenses or storage case to undue heat.
* Don‘t transfer contact lens solutions into smaller travel size containers. This can affect the sterility of the solution, which can lead to an eye infection.
* Always keep your glasses up-to-date, so you can use them if you lose or tear a lens, or if you are advised not to wear lenses for any period of time.

Lens Handling:

* Always wash and rinse your hands before handling your lenses or touching your eye. Use a mild, oil- and fragrance-free soap and dry your hands with a lint-free cloth.
* Don‘t mix up your lenses. Always insert or remove the right lens first and confirm that it is safely on your eye or in the storage case before attempting the left.
* If you wear non-disposable lenses, rub and rinse them immediately after removal.
* Use only recommended solutions and follow the label instructions.
* When handling lenses, work over a clean flat surface or a plugged sink.
* Never place a lens in your mouth for cleaning or wetting.
* If you drop a lens, clean and disinfect before reinserting.

While wearing your lenses...

* Never rub your eyes vigorously.
* Close your eyes when using cosmetics or aerosol sprays, such as hairsprays.  Such products may leave a residual film on your lenses.
* Use goggles if you are going swimming.

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| ***First Time Wearer’s Schedule*** | |
| Day One | 6 hours |
| Day Two | 8 hours |
| Day Three | 10 hours |
| Day Four | 12 hours |
| Day Five | 12+ hours |

* Wear protective glasses or goggles if you are in any situation where dust, sand, grit, or other foreign matter could enter your eye.
* You can apply make-up/cosmetics after you insert your lenses.
* Remove your lenses before removing make-up/cosmetics.
* Call our office immediately (231-271-4544) if you experience any redness, discharge, visual blurring, or pain.

Don’t wear your lenses when...

* You are going to sleep, unless you have doctor approval.
* You feel ill or are running a fever. ***Lens Replacement Schedule***
* Your eyes are uncomfortable or red. 1 Day 2 Weeks 1 Month

Next Appointment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Remember to wear lenses for your appointment.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_