

Lens Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Replacement schedule: Monthly Daily Every 2 weeks

(Daily disposable lenses are simply thrown away after each use. There is no cleaning or disinfecting regimen for these lenses as they are not re-used, and the suggestions below on those subjects can be disregarded.)

Dr. Riggio’s Suggestions for Contact Lens Wear

1. It is important to wash your hands with fragrance-free soap, rinse and then dry them thoroughly with a lint free cloth before handling your lenses.
2. Do NOT insert lenses onto your eye if it is red, irritated or painful. In these instances, you should contact Dr. Riggio immediately, as this may be a sign of a possible vision threatening situation.
3. Do adhere to the recommended wear and replacement schedule recommended by Dr. Riggio.
4. In order to not mix up the contacts (right and left) develop a habit of always working with the same lens first.
5. Do NOT use fingernails, tweezers or any other tool to remove lenses from their packages or your eye.
6. Do NOT expose your contacts to any type of water- tap, bottled, distilled, lake or ocean water.
7. Clean, rinse and disinfect your lenses after each removal with fresh disinfecting solution. Never re-use solution.
8. Always keep your lenses completely covered by the solution when lenses are not being worn.
9. Keep all contact lens solutions and drops closed when not in use and throw them away after expired. Do not let the tip of the bottle touch any other surfaces including fingers, eyes, and/or contact lenses.
10. Replace your storage case every month to every couple of months. Contact lens cases are a major contributor to contact lens related eye infections.
11. Do NOT use saliva, tap water or anything else to lubricate your lenses. If lubrication is needed while contact lenses are being worn please purchase a rewetting drop from any drug store/pharmacy. Dr. Riggio prefers Blink for Contacts. Make sure the drops you purchase specify that they are okay to be instilled with contact lenses on!
12. Do NOT share your contacts with anyone else…..ever!
13. Once you find a brand of solution that you and Dr. Riggio like, do not change it. Changing solution can result in an allergic reaction to preservatives. Every solution uses its own preservative and changing brands can result in a red, irritated eye.
14. Dr. Riggio always recommends a backup pair of glasses for emergencies.

Please contact our office with any questions or concerns.

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