



Your New Contacts

YOUR CONTACT LENS TYPE: SCL RGP

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Thank you for choosing Mattingly Center for Sight for your eye care!

Please be aware the use of contact lenses is much like the use of prescription medicines, and it is important to follow the guidelines and recommendations for appropriate use. This information is meant to illustrate these important procedures to keep your eyes healthy, comfortable and seeing well.

PRELIMINARY WEARING SCHEDULE

You have been given the type of contact lenses—either RGP or SCL—as indicated on the cover page of this packet.

Please follow the preliminary wearing schedules below for the lens type you were given as indicated on the cover page:

SCL		
Day 1	4	hrs
Day 2	6	hrs
Day 3	8	hrs
Day 4	10	hrs
Day 5	12	hrs

Then maintain 12 hrs until return visit.

RPG		
Day 1	2	hrs
Day 2	4	hrs
Day 3	4	hrs
Day 4	6	hrs
Day 5	6	hrs
Day 6	8	hrs
Day 7	8	hrs
Day 8	10	hrs
Day 9	10	hrs
Day 10	12	hrs
Day 11	12	hrs

Then maintain 12 hrs until return visit.

CARING FOR YOUR CONTACT LENSES

The key to avoiding irritation and infection associated with contact lens wear is proper cleaning. The primary method of lens cleaning is chemical disinfection. The following are the appropriate steps to follow when caring for and cleaning your contact lenses:

- Always wash, rinse and dry your hands prior to inserting or removing your contact lenses.
- **Cleaning**—remove one lens and place it in the palm of your hand. Apply a few drops of your contact lens cleaning solution. Rub the solution on both sides of the lens surface to help remove deposits, debris, protein build-up and bacterial film.
 - Removing surface deposits and other debris not only contributes to improved vision and comfort but also reduces the risk of infection and allergy.
 - Soft extended-wear contacts may be the most likely to develop a protein build-up that can lead to lens-related allergies.
- **Rinsing**—after thoroughly cleaning the lens, rinse it with commercially available sterile saline solution (sometimes your cleaning solution can be used to rinse the lens as well—consult the instructions of your cleaning solution for more information). Homemade saline solutions have been linked to serious eye infections and should never be used!
- **Disinfecting**—after cleaning and rinsing, lenses need to be disinfected. Chemical disinfection methods each require several hours of disinfection time. Dr. Mattingly will assist you in choosing a system which best suits your needs, but make sure you understand the instructions and follow them.
- Your empty contact lens case should be thoroughly rinsed with your cleaning solution and allowed to air dry. All contact lens cases need to be cleaned frequently, including disposable lens cases.

ADDITIONAL INSTRUCTIONS

- Keep your contact lens case clean and use fresh, unexpired contact lens care solution each time the lenses are removed and stored in the contact lens case.
- Replace your contact lens case every three months.
- Do not use tap water to clean and/or store your contact lenses.
- Never put contact lenses in your mouth or use saliva to clean them.
- Do not allow anyone else to use your contact lenses, and use only the lenses prescribed by your ophthalmologist.
- Remove your contact lenses every night before sleeping. Never sleep in your contact lenses.
- Replace your contact lenses according to the schedule that your ophthalmologist recommends. Do not wear your contacts longer than this recommended time. Never use a contact lens that is ripped, torn or has a piece missing.
- Do not use your contact lenses if your eye is any of the following “RSVP” factors:
 - Red, Sensitive to light, Suffering from decreased Vision, or Painful.
- We recommend giving your eyes a time each day without contact lens use. This time serves to give your eyes a rest while promoting better health of the surfaces of your eyes.
- Have a bottle of artificial tears available and use a drop when your eyes feel dry or tired.

NOTICE TO COSMETIC, SKIN CARE, AND OTHER PERSONAL HYGIENE PRODUCT WEARERS

Contact lens wearers who use cosmetic, skin care, and/or other personal hygiene products on a daily basis may be especially vulnerable to eye problems. Misuse of products and adverse reactions to ingredients used in chemical formulas cause lens deposits, eye irritation, allergy, dryness, injury and infection. Knowing which products to use and how to use them is important for long-term, problem-free contact lens wear. Remember to always wash, rinse and dry your hands before handling your contact lenses.

COSMETICS and SKIN CARE PRODUCTS: Contact lenses should be inserted before these are applied to prevent contaminating the lenses. Besides being a potential irritant, mascara is frequently a source of infection. Even with the best care, mascara and eyeliner should be replaced every three months. Use a light touch with eyeliners and eye-shadows as they may cause Blepharitis, an infection of the eyelid that can lead to styes and chalazion. Color pigments can cause irritation, damage contact lenses, or lodge underneath the contact lenses and scratch your corneas.

PERSONAL HYGIENE PRODUCTS: Hair spray, spray deodorants, spray colognes, spray mousse, nail polish and nail polish remover should be used before inserting your lenses. If any of these products gets into your eyes, permanent damage may be done to the surfaces of the contact lenses. If you must use sprays while wearing contacts, close your eyes tightly while spraying and leave the area quickly. Aerosol mist lingers in the air for some time after spraying.

You may use products labeled “hypoallergenic,” “for contact lens wearers,” or “for sensitive eyes.” Approximately one in ten women has either a respiratory or skin allergy to perfume. Hypoallergenic products are designed to be free of irritants such as perfumes and lanolin. Lanolin may be used in cosmetics and soaps and is one of the most common allergens, causing redness, itching and blotchy skin.

OUR CONTACT LENS POLICIES

As is common practice in the eye care industry, we charge non-refundable “fitting” fees when we examine your eyes with regard to contact lenses. The on-going fee structure has two parts: (i) there is an initial examination fee payable on the date of service, and (ii) there are minimal, non-refundable yearly “check-up” fees. In most cases, on-going yearly fees are limited to the minimal check-up fees; however, if your eyes have undergone significant changes, defined as the need to (i) change your lens power by ≥ 0.5 diopter and/or (ii) change your lens type, the resources required for testing and examination compel us to charge a full, non-refundable fitting fee. As always, please let our staff know if you have questions or would like clarification.