



# SOFT CONTACT LENSES

## INSTRUCTIONS FOR WEAR & CARE



### WELCOME TO CONTACT LENSES!

At the Eye Center Of Northern Colorado, we offer a wide range of contact lens options to meet both your vision requirements and your lifestyle. Our experienced optometrists can help you find the best lens options for comfort and clarity.

Once you've found the best lenses for you, be sure to take care of them. While contact lenses are a great alternative to traditional eyeglasses, being committed to proper wear and care will help you maintain your overall eye health and help you avoid some serious eye problems.

### CONTACT LENS DOS & DON'TS

#### Do:

- Wash your hands before putting in or taking out your contact lenses
- Use new, fresh solution every day to clean and store your lenses
- Follow the lens replacement schedule recommended by your doctor
- Clean your case regularly and replace it with a new case every three months
- Re-clean lenses that have dropped on the floor, on your clothes, in the sink, etc.
- Put your contacts in before applying facial cosmetics
- Get an annual eye exam – your contact lens prescription is only valid for one year!

#### Don't:

- Sleep in your contact lenses
- Use regular water to clean your lenses
- Wear contact lenses if you have an eye infection
- Top-off old solution in a case with new solution; use fresh solution every time
- Allow your lenses to sit in a case for an extended period of time; replace the solution in the case every day
- Use a lens if it is damaged or if the sterile blister package it comes in is open or damaged
- Rely solely on your contact lenses; always have a pair of glasses for backup in case of eye infections



### CLEANING & CARE

Deposits of infectious organisms such as bacteria and viruses can build up on the surface of all contact lenses, so it's very important to keep your lenses clean and disinfected.

#### Steps for Cleaning:

- Wash your hands so you don't transfer dirt and germs to your eye. Use a lint-free towel to dry your hands.
- Remove one lens at a time and clean it with the solution. Cleaning removes eye-produced buildup, cosmetics, and other debris that impairs lens comfort. The FDA recommends rubbing the lens in the palm of your hand with a few drops of solution (even if you're using a "no rub" product).
- Rinse the lens again to remove the loosened debris.
- Place the lens in your clean lens case and fill it with fresh solution.
- Repeat with the other lens.

### HOW TO ORDER

When you're ready to place an order for contact lenses, just call us! You can order your lenses through any of our optical center locations.

Thank you for choosing us for your eye care needs!

CONTACT LENS DEPARTMENT:  
(970)-419-2671

CONTACTS@EYECENTERNOCO.COM

EYECENTERNOCO.COM

### RULES TO AVOIDING CONTACT LENS INFECTIONS



#### Rub

Rub lenses as you clean them with fresh solution to loosen proteins and bacteria that build up.



#### Rest

Don't sleep in your lenses and, from time to time, give your eyes a break from wearing them.



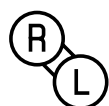
#### Rinse

Always rinse and store your lenses in store-bought solution. Saline solution and rewetting drops won't disinfect your lenses.



#### Renew

Don't try to extend the life of your lenses by wearing them too long; if they're old or don't fit well they may scratch your eye or cause blood vessels to grow into your cornea. Follow the schedule your doctor gives for wearing and replacing your lenses.



#### Replace

Replace your case with a new one every three months or immediately if your case gets cracked or damaged.



#### Reserve

Make regular appointments with your eye doctor to keep your eyes healthy!

### OPTICAL CENTER LOCATIONS

Fort Collins at Prospect  
1725 E. Prospect Rd.  
Fort Collins, CO 80525

Greeley at Fox Run  
1701 61st Ave.  
Greeley, CO 80634

Loveland at Centerra  
6125 Sky Pond Dr. Suite 160  
Loveland, CO 80538