



BROADWAY

- O P T I C I A N S -

A Brief Guide to Looking After Your Contact Lenses

Welcome to the wonderful world of contact lenses! By now you will be keen to try out your new lenses as soon as possible. In order to get the most out of your contact lens wear it is essential that you remember the following points:

- ⊙ Always wash your hands before you handle your contact lenses.
- ⊙ Clean your lenses with the solutions supplied each time you have worn them
- ⊙ Change your contact lens case regularly - at least every three months.
- ⊙ Never use a bottle of solution beyond its expiry date.
- ⊙ Never change your solutions without first consulting your practitioner first.
- ⊙ Never use tap water to clean your lenses or your case.
- ⊙ Inspect each lens for signs of damage or deposition prior to inserting it and again when removing it.
- ⊙ Do not sleep in your lenses, unless expressly permitted by your optician.
- ⊙ Never drive with your contact lenses until you feel happy about your vision and comfort. Always keep a spare pair of spectacles in the car.
- ⊙ Regular checks from your practitioner are essential to ensure the continued success of your contact lens wear. We will organise for this to be done at your next visit.

In the unlikely event that you experience pain, discomfort, excessive tearing, redness or problems with your vision during your trial then remove your contact lenses and contact us on **01702 477758**. If it is outside opening hours and the problem persists and/or gets worse, despite removing the lenses, then please seek medical advice as soon as possible.

Please don't hesitate to contact us should you have any other questions in relation to your contact lens wear. We look forward to seeing you soon for your scheduled follow-up appointment. Please try and wear your lenses for this visit and bring your cleaning solutions, case and spectacles with you as well.