

Leeds Family Eye Care

New Contact Lens Patient Information Sheet

Congratulations! The fitting procedures were successful and you are taking your contact lenses home. It is important to adhere to the prescribed maximum contact lens wearing schedule. Regular follow-up care is also extremely important. Below is the wearing schedule for the first week with your new contact lenses.

Maximum Wearing Schedule

Day 1	4 hours
Day 2	5 hours
Day 3	6 hours
Day 4	8 hours
Day 5	10 hours
Day 6	12 hours
Day 7	14 hours

If you are unable to see us 7 days after the dispensing of your new lenses, maintain a maximum of 14 hours of wear until you are able to be seen in our office.

Please wear your contact lenses in for the next appointment. If your lenses are comfortable and your eyes are not red, wear the lenses for at least 2 hours before your appointment.

If you have discomfort or redness with your new lenses, please call us so that we can bring you back to evaluate the cause of the discomfort.

Patient Recommendations:

1. If at any time you experience any redness, irritation, discomfort, discharge or blurring of your vision while wearing your lenses, please remove the lens, clean it, and reapply it. If the problem persists, remove the lens and contact us immediately.
2. Your lenses should NOT be worn while sleeping unless your doctor instructs you that it is appropriate.
3. Your lenses should NOT be worn while in the presence of noxious or irritating vapors.
4. Do NOT swim with your lenses in place. If you do, throw away the pair worn while swimming.
5. Remove your lenses during a cold, influenza, or hospitalization. Clean and place the lenses in your disinfection system as soon as possible.