



PRIMARY EYECARE
of
MERIDIAN

Primary Eyecare's Contact Care Cheat Sheet

Contacts are medical equipment crafted specifically to your eyes' corneal size and shape, as well as for your personal prescription.

Because of the tendency for these specifications to change over time, we recommend comprehensive contact evaluations each year for patients who wish to wear contacts.

Our optometrists are here to provide precise and accurate fittings for each patient's FDA- and FTC-moderated personal optical medical equipment.

Contact Lens Handling Instructions:

Contacts sit directly on your cornea, so take care to practice good hygiene.

Here are some tips on proper contact care:

1. Always Wash your hands before handling your contact lenses
2. Dry your hands on a lint-free towel
3. Work over a clean surface and have your contact solution handy for rinsing contacts
4. Keep your fingernails clean and trimmed
5. Refrain from rubbing your eyes, especially while wearing your contacts
6. Do not sleep while contact lenses are in

* See next page for more information on following a safe contact-wearing schedule

7. Only clean your contact lenses with the appropriate solutions

- If you have any questions, please call us! We're here to help

8. Change your contact solution daily

- Always use a new batch. No cutting corners by mixing new solution with yesterday's!

9. Do not wear contacts beyond recommended wearing schedule

10. Never wear contacts belonging to someone else

- Likewise, never loan your own contacts to others!

11. Keep all follow-up appointments
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» Symptoms to Be on the Look Out For «

If you experience any of the following, please remove your contact lenses and call us right away at 601-485-2020 :

We are open between 8 am and 5 pm every weekday

- » Unusual eye pain or redness «
- » Unusual dryness, watering, or discharge from eyes «
- » Cloudy vision through contacts «
- » Decrease in vision «
- » Increased sensitivity to light «

All in all, your eyes need proper amounts of oxygen and tear film, as well as good hygiene habits to remain healthy.

Non-compliance can lead to serious risks and complications, including corneal ulcers, permanent eye damage, and vision loss.

A Note On Rest...for you and for your eyes

Sleeping with contact lenses in your eyes can increase the risk of infection and irritation to the lining of the eyelids. Some extended-wear contact lenses are specifically-designed to accommodate sleeping in contacts; therefore, we advise only these types of lenses should be worn for this purpose. If you plan on sleeping in your contact lenses on the regular, please inform your Optometrist so he/she can fit you for lenses which more comfortably suit your lifestyle

If you have any questions please don't hesitate to call!

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601-485-2020

Thank you and have a spectacular day!

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