

## Eye problems

- ▲ If experiencing any ocular issues, refrain from wearing the contact lenses and consult an ophthalmologist without delay. Failure to do so may result in severe vision loss due to corneal damage. Never ignore any of the following signs and symptoms:
  - Irritation, redness, itching
  - Light sensitivity
  - Excessive tearing
  - Pus formation
  - Pain
  - Reduced vision
- ▲ Always bring your worn lenses, lens case and maintenance solution to the consultation, do not throw anything away. This allows investigating on contamination by bacteria, fungi, acanthamoeba, ...

## Contact

### Lens team

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## Ophtalmology

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Volg ons op



# CONTACT LENSES

TIPS FOR  
RESPONSIBLE USE



## CONTACTLENZEN

You are going to start using contact lenses for medical, aesthetic or practical reasons. Contact lenses often remain a good way to improve vision in addition to glasses.

Because contact lenses are placed directly on the eye, they carry a real risk of eye infections. Below are some tips to minimize this risk.

### Wear time

- ▲ When starting contact lenses, **gradually build up** the wear time:
  - For soft contact lenses: start with 4 hours the first day, then wear them an additional 2 hours every day (6 hours, 8 hours, ...)
  - For hard contact lenses: start with 1 hour the first day, then wear them 30 minutes longer every day (1h30, 2 hours, 2h30, ...)
- ▲ An annual outpatient visit with an ophthalmologist is recommended for an evaluation of eyes and contact lenses.
- ▲ Always keep appropriate spare glasses for use when the lenses are out, in case of problems or loss of a contact lens.

### Hygiene

Proper hygiene when wearing contact lenses is very important. Careless handling of contact lenses, maintenance solutions or lens cases will sooner or later cause problems.

Always wash your hands with soap, rinse and dry thoroughly before touching contact lenses.

### Lenses and maintenance solution

- ▲ Always read the information leaflet first for correct use. Carefully treat contact lenses daily as directed.
- ▲ **Always** clean lenses with maintenance solution, **never** with tap or mineral water.
- ▲ **Never** rinse or store lenses in water.
- ▲ Use good quality maintenance solutions adapted to the type of lenses (example: soft lenses, oxygen permeable lenses, scleral lenses, etc.).
- ▲ Never reuse used maintenance solution.
- ▲ Always close bottle tightly after use.
- ▲ Keep products in good conditions.
- ▲ Never transfer products into another bottle.
- ▲ Check the expiration date of products.
- ▲ Never swim, shower or bathe with lenses in (water is often contaminated with harmful microorganisms).

### Lens cases

- ▲ Lens cases are also a major source of infection. They should therefore be cleaned daily.
- ▲ Always clean lens cases with maintenance solution, never with water.
- ▲ Leave lens case open to dry.
- ▲ Store the lens case correctly.
- ▲ Replace the lens case at least every three months.

### Other tips

#### Sleeping

- ▲ Never sleep with lenses in eyes.
- ▲ Do not insert lenses until 30 minutes after waking up in the morning.
- ▲ Leave lenses out for at least 1 hour in the evening before going to bed.

#### Sports

- ▲ Wearing lenses is not recommended for water sports because of contact with water (not even with swimming goggles on).
- ▲ Wearing hard contact lenses is also not recommended during horseback riding, combat sports and rough ball sports because of dust and the danger of loss.

#### Make-up

- ▲ Take care when applying make-up:
  - For soft contact lenses: first insert lenses then apply make-up.
  - For hard contact lenses: first apply make-up then insert lenses.
- ▲ Always remove make-up after removing lenses.
- ▲ Take appropriate care with creams and lotions.