

CONTACT LENS CARE

- Do not sleep in contact lenses
 - Unless approved for night time wear
- Never use water, saline solution, or rewetting drops to disinfect your lenses.
- Never reuse the solution for more than 1 day or top off the solution.
- Always make sure to place your contact lenses in the correctly labeled L/R side of the case.
- Always wash hands before handling contacts or touching your eye.

SOFT CONTACT LENSES

DAILIES

- Dispose of daily contact lens at the end of the day or occasion

2 WEEK or MONTHLY

- Before placing your contact lenses in the solution* for the night, pour solution into your hand, place the contact lens in the solution and gently rub the contact lens with your finger.
- Allow contact lenses to sit in solution and your eyes to rest for at least 6 hours.
- Replace lens case at least once every 1-3 months to avoid bacterial growth.
- We recommend a hydrogen peroxide solution for these contacts.

RGP (RIGID GAS PERMEABLE) CONTACT LENSES

- Rub your lenses carefully with your solution** in the palm of your hand.
- Rinse thoroughly with fresh tap water.
- Allow lenses to soak for at least 6 hours.
- We recommend a hydrogen peroxide solution for these contacts.

*SOLUTIONS

Generic vs. Brand

Brand name solutions have updated ingredients to compliment the higher technology contact lenses. As the materials and technology of contact lenses get updated and improved, it is imperative the ingredients in the solution compliment that change. If your solution is using old ingredients, it may negate the benefits of the newer lens technology and may even cause dryness, lens instability, decreased oxygen transmission, etc.

Peroxide Solution

**If your RGPs are made with hydrapog, do not use peroxide cleaning solutions as it may strip the lens of this coating. We recommend Simplus no rub by Boston.

Help us Recycle!

Did you know that the blister packs your contact lenses come in are recyclable? They are! However, because they are so small, they often get missed in the recycle filters and end up in our landfills and waterways despite our good intentions ending up as microplastics in our food and water supply. That's why we have partnered with TerraCycle!

In 4 years TerraCycle has collected nearly 26 million items. End to end, that's about 134 times the height of Mt. Everest! These plastics are separated out and reused to make something new such as play sets, park benches, and more!

How can you help?

- Save your blister packs when you open your contact lenses and bring them in next time you stop in our office. You can leave the foil attached. We'll take care of the rest.

Enter our contest!

- We draw a name randomly every 2 months to win a **free frame** up to \$250!
 - Keep up to date on our progress by checking our website and social media.
 - You can also check out our poster by the door in our reception area when you stop in.

Why should I order contacts through May Vision Center?

Rebates

Our patients are very important to us and we know that finances are very important to all our patients. That's why we here at May Vision Center try very hard to provide our patients the very best pricing benefits available.

Our prices can beat most other competitors especially with our special rebates!

Benefits

If your prescription changes, you can return *unopened/unmarked/unexpired* boxes for a credit on your account or exchange for different powers.

We can also dispense to you extras if you run out before your appt or have any faulty contact lenses.

Rewards

If you order a 1 year supply of contact lenses, you qualify for:

- A \$35 pair of non-prescription sunglasses.
- Your name in a drawing to win a free frame up to \$250
 - Drawings once every 2 months

Other important information

- We recommend sunglasses because UV light can cause cataracts, macular degeneration, and pinguecula.
- Having the correct RX in a pair of back-up-glasses is important in case of infection and to help keep eyes healthy.
- When you open your last box of contacts, call our office to make sure you have an appointment scheduled.

Thank you for supporting local businesses!