

# The Optimal Environment

2 Minutes Read

Teach your patients these 3 Cs to help them form positive contact lens habits outside the practice.

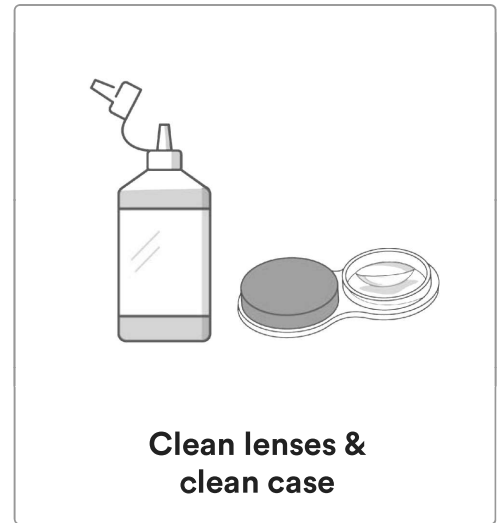
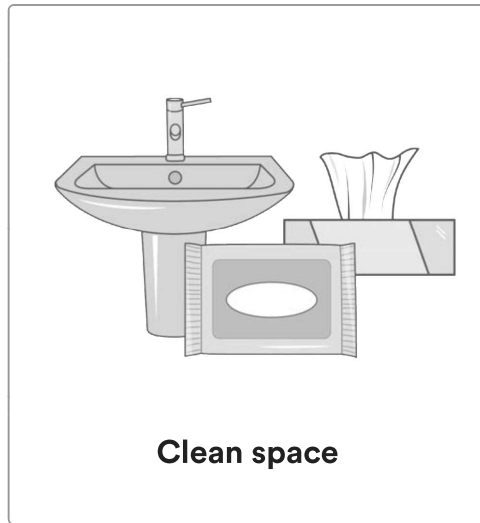
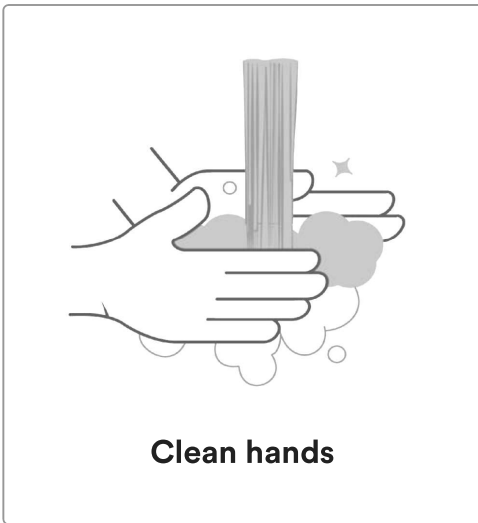
## Calm



Where possible the teaching environment should avoid:

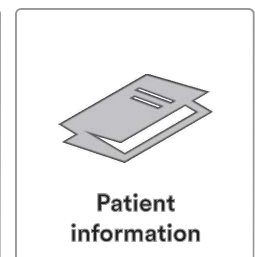
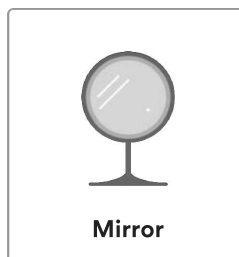
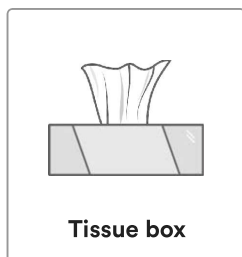
1. Crowded places
2. Public places
3. Cluttered spaces

## Clean



## Complete

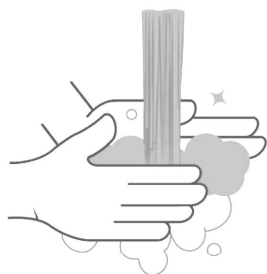
You can build confidence (for yourself and your patients) by having simple tools at hand



# Clean

## Cleanliness is crucial

- Remember you are the role model – demonstrate handwashing in front of the patient
- Remind your patients “Clean hands, Clean lens, Clean case”



### Clean hands

- Wash hands with soap and water
- Dry hands with a lint-free towel



### Clean lenses & clean case

- Tap water must **NEVER** touch the lenses or case
- Never use saliva to wet the lenses (or clean your hands)
- Daily disposable lenses should always be thrown out after wear
- Always clean reusable contact lenses immediately after removal

# Routine

## Reusable contact lenses cleaning routine

- |   |   |   |   |
|---|---|---|---|
| <b>1. Fill</b><br>Fill each chamber of your contact lens case with fresh contact lens disinfecting solution | <b>2. Rub</b><br>Place one lens in the clean, dry palm of hand, and apply a few drops of your contact lens disinfecting solution. With one finger, gently rub the lens back and forth on your palm to clean the lens surfaces | <b>3. Rinse</b><br>Rinse lens thoroughly with more of the solution, and put it into clean contact lens case | <b>4. Repeat</b><br>Repeat this routine for other lens, close the case and leave lenses to soak overnight |
|---|---|---|---|



## Lens case cleaning routine



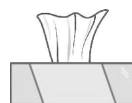
### 1. Empty

Empty contact lens case of the old solution



### 2. Rinse

Rinse it with fresh contact lens solution



### 3. Air-Dry

Allow case to air-dry upside down on a clean tissue



### 4. Replace

Replace contact lens case on a regular basis.