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## How to be a happy and successful contact lens wearer

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### Introduction

The below is a list of recommendations and facts that a contact lens wearer should know and follow in order to get the most benefits out of wearing contact lenses, thus ensuring long term eye health, wearing comfort and best vision. While each contributes a part, many of them work synergistically.

### General recommendations and facts

- I must have my lenses fitted by a contact lens specialist. (fitted = appropriately selected based on measurements, verified on eye performance etc.)
- I understand that my current contact lens wearing schedule, replacement frequency and lens type (material, design etc.) was selected by my contact lens specialist to best meet the needs and wants of my personal lifestyle and individual eye characteristics;
- I understand that being compliant with my contact lens' specific wearing schedule and replacement frequency is most beneficial for lens comfort and my eye health;
- I must have my eyes and contact lenses regularly checked by my contact lens specialist to ensure continued eye health and to discuss any new product that might benefit me;
- Use the contact lens care system (if any, e.g. none when using daily disposables) indicated by my contact lens specialist. Care systems are designed to help comfortable lens wear. If there is always or occasional discomfort on lens application in the morning, a different care system may be indicated;
- Different contact lens materials and designs can result in different comfort sensations depending on my tear quality, the lens and eye surface. So I need to be aware that a specific material and design might have been selected for me by my contact lens specialist depending on issues foreseen;
- If weekly, bi-weekly or monthly lenses become uncomfortable during their span of use, I may want to discuss the use of daily disposable or other options (material, design ...) with my lens specialist;
- If I find it too time consuming to clean my lenses after each use then changing to daily disposable contact lenses may be a much more convenient option, as they eliminate the use of care systems;
- I must be aware of the atmosphere the lenses are worn in and lubricate if a dry environment causes comfort problems. The lubrication should be done early on rather than when my eyes already feel sore and dry – that is too late – I should also keep my body hydrated (drink water!);



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- When using cosmetics, I must keep eye liner away from the lid margin as it will block the essential glands which produce the oil of the tears that reduce evaporation, resulting in a more stable tear film. Apply only under and on top of the lashes.

### **Parking lot of other points**

- Understand that price is only one of many aspects in selecting contact lenses for me. Other aspects may be much more important than a relatively small difference in the price per lens;
- Prescribing lenses for astigmatism is possible with all modalities of wear and replacement frequencies. The range of short and long sightness corrections covered by them has also expanded; so there are less and less reason for a poor visual result;
- Understand that my needs and wants, my eyes, tear film, working place conditions, spare time activities etc. may change, and that I therefore can always request if there are new or different contact lenses or care products that would suits me now better than my curent contact lenses.

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The European Contact Lens Forum (ECLF) is the exchange platform between **all contact lens specialists and the contact lens / lens care industry**. It consists of (in alphabetical order):

- **ECLSO** = European Contact Lens Society of **Ophthalmology**
- **ECOO** = European Council of **Optometry and Optics**
- **EFCLIN** = European Federation of **Contact Lens Industry**
- **EUROMCONTACT** = European Federation of National Associations and International **Manufacturers of Contact Lens and Lens Care Products**
- **IACLE** = International Association of **Contact Lens Educators**