

ASK THE DOCTOR



(NAPSA)—Dear Dr. Hansen: How often should people see an eye care professional?

A: A good rule of thumb is for people with 20/20 vision and no apparent conditions to see their optometrist annually. People who wear contact lenses should be checked twice a year to monitor eye health.



Dr. Dave Hansen

Dear Dr. Hansen: I'm excited to have recently switched my glasses to contact lenses. Do you have any first-timer tips?

A: Follow your doctor's instructions for contact lens application, storage, disinfection and removal to avoid infection and experience the most comfortable wear. Put on makeup after applying contact lenses and avoid cosmetics that could irritate eyes, such as waterproof mascara or loose powders.

If you ever experience a stinging sensation after inserting your contact lens, remove it immediately, clean and re-insert. Use a moisturizing contact lens solution for optimum comfort, such as Complete Moistureplus, a multi-purpose solution that soothes with two artificial tear ingredients and can make a big difference in how your eyes feel.

Due to the number of harmful bacteria found in distilled and tap water, you should never rinse a contact lens with water.



Dear Dr. Hansen: I can feel my colored contact lenses in my eyes. Is it possible I can't wear them?

A: There are very few people who cannot wear contact lenses. As with anything new, there may be a short period of adjustment. Even with nonprescription colored contact lenses, it's crucial to be fitted by an optometrist for your own specifications. Never share lenses with friends, as bacteria and infection may spread this way.

Dear Dr. Hansen: Is it okay to rinse my soft contact lens with water if something gets in it?

A: No. Due to the number of harmful bacteria found in distilled and tap water, you should never rinse a contact lens with water. Instead, use a multipurpose solution to rinse, disinfect and store your lenses. Often, these solutions are sold in a travel size for easy portability.

Dave Hansen, OD, FAAO, was in clinical practice, a Fellow of the American Academy of Optometry and is currently Director, Professional Services at Advanced Medical Optics, Inc. in Santa Ana, CA.