

contact lenses during therapy. Drugs that promote excessive lacrimation (e.g., reserpine) or ocular or eyelid edema (e.g., primidone, hydrochlorothiazide, chlorthalidone) also may interfere with lens wear.

Use of ophthalmic vasoconstrictors occasionally causes dilation of the pupil, especially in people who wear contact lenses or whose cornea is abraded. Although this effect lasts only 1 to 4 hours and is not clinically significant, some patients have expressed concern. To allay their concern, the FDA has recommended that patients be advised of this side effect by product labeling stating PUPILS MAY BECOME DILATED (ENLARGED) (16).

The following guidelines should be used by pharmacists in counseling patients: Contact lens wearers should wash their hands thoroughly with a nonabrasive, non-cosmetic soap before and after handling lenses. Wearers should not rub the eyes when the lenses are in place, and if irritation develops, the lenses should be removed until these symptoms subside.

Only contact lens care products specifically recommended for the type of lens worn should be used. Also, to avoid differences between products of different manufacturers, it is preferable to use solutions made by a single manufacturer. Cleaning and storing lenses should be performed in the specific solution for that purpose. The patient should be instructed to discard cleansers and other lens care products if the labeled expiration date is exceeded. Lenses should not be stored in tap water nor should saliva be used to help reinsert a lens into the eye. Saliva is not sterile and contains numerous microorganisms, including *P. aeruginosa*.

When handling a contact lens over the sink, the drain should be covered or closed to prevent the loss of the lens. During cleansing, the patient should be advised to check the lens for scratches, chips, and/or tears. Similarly, the lens should be inspected for any particulate matter, particles, warpage, and/or discoloration. The patient must ensure the lens is cleaned thoroughly and rinsed thoroughly. Otherwise, these factors can lead to eye discomfort and irritation.

When cleaning a lens, the patient should be instructed to clean it back and forth and not in a circular direction. To avoid the “left-lens syndrome,” the patient should be instructed to clean the second lens as thoroughly as the first lens. Oftentimes, the right lens is removed and cleaned first and the second less thoroughly, which will result in more deposits after cleaning.

As appropriate, contact lens users should be counseled with regard to cosmetic use. It is prudent to purchase makeup in the smallest container, because the longer a container is open and the more its contents are used, the greater the likelihood of bacterial contamination. Mascara and pearlized eye shadow should be avoided by women wearing hard lenses because particles of these products can get into the eye and cause irritation, with corneal damage a possibility. Aerosol hairsprays should be used before the lens is inserted and preferably applied in another room, since airborne particles may attach to the lens during insertion and cause irritation. Lenses should be inserted before makeup application because oily substances on the fingertips can smudge the lenses when they are handled. For similar reasons, lenses should be removed before makeup.

Wearers of contact lenses normally do not have ocular pain. If pain is present, it may be a sign of ill-fitting lenses, corneal abrasion, or other medical condition, and the patient should be advised to consult his or her ophthalmologist (15). Hard or soft contact lenses may occasionally cause superficial corneal changes, which may be painless and not evident to the patient. Thus, it is important that all contact lens wearers have their eyes examined regularly to make certain that no damage has occurred.

NASAL PREPARATIONS

Most preparations intended for intranasal use contain adrenergic agents and are employed for their decongestant activity on the nasal mucosa. Most of these preparations are in solution form and are administered as nose drops or sprays; however, a few are available as jellies. Examples of products for