



# Do's & Don'ts of Contact Lens Care

Good habits and proper contact lens care can prevent infection and keep your eyes and vision safe, comfortable, healthy and strong. Here are some tips for optimal contact lens care and optimal eye health:



*Wash your hands well*

**Do** wash your hands with soap and water before handling your contact lenses or touching your eyes.



*Replace every 3 months*

**Don't** use water or any other liquid to clean lenses or your contact lens case. Even tap water can contain dangerous bacteria that can cause irritation and infections. When it comes to cleaning and storing your lenses, only use contact lens solution. Even topping off with water can lead to bacterial infestation. Clean your case with lens solution and let it air dry.

**Do** replace your storage case at least every three months. Over time, bacteria will begin to build up in the case and seep into the plastic. No amount of washing and scrubbing will get this out. Contact lens cases are intended for short term use.

**Don't** sleep in your contact lenses. Make sure you are clear on the wearing schedule designed for your lenses and follow precisely.

**Do** completely empty the lens solution when you put in your contacts. Never top off old solution with new!

**Don't** share your contact lenses with anyone or purchase contact lenses of any type without a prescription! Contact lenses are a medical device that are specifically prescribed to the shape of your eye and your prescription. Sharing lenses or purchasing lenses from an uncertified source can risk serious eye damage and vision loss.

**Do** remove your lenses if you are experiencing discomfort such as redness, irritation, dryness or blurred vision. Take a break every once and a while to let your eyes breathe. If symptoms persist contact your optometrist.



*Use only contact solutions to clean out*



*Never use tap water even if just topping off*

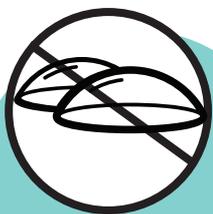
*Follow your schedule precisely*



*Don't sleep in contact lenses*



*Don't share contact lenses*



*Remove lenses when uncomfortable*



*Contact lenses are a medical device, so treat them accordingly*

