



## Contact Lens Training Tips

### **Dos**

**Do:** Strictly adhere to the wearing schedule prescribed by your eye care provider and dispose of your contact lenses as directed.

**Do:** Clean, rinse, and disinfect your contact lenses after each removal with fresh disinfecting solution, using the contact lens care system recommended by your eye care provider.

**Do:** Remove your contact lenses immediately and consult your eye care provider if your eyes become irritated or your vision changes.

**Do:** Always keep your contact lenses completely submerged in the recommended storage solution when the contact lenses are not being worn.

**Do:** Always handle your contact lenses with clean, dry hands. Wash your hands thoroughly, rinse completely, and dry with a lint-free towel before touching your contact lenses.

**Do:** Develop the habit of always working with the same contact lens first (right or left).

**Do:** Keep all bottles of solution closed when not in use and use solutions before the expiration date marked on the bottle.

**Do:** Clean, rinse, and air dry your contact lens case each time contact lenses are removed. And replace your contact lens storage case every month.

**Do:** Schedule a contact lens fitting appointment along with your routine eye exam at least once a year.

**Do:** Schedule follow-up exam(s) as recommended by your eye care provider.

**Do:** Insert contact lenses before applying makeup and remove your contact lenses before washing off your makeup.

**Do:** Ask yourself these three questions each time you wear your contact lenses: 1) Do my eyes feel good? 2) Do my eyes look good? 3) Do I see well? If the answer is “no” to any of these questions, remove your contact lenses immediately and contact our clinic.

### **Don'ts**

**Don't:** “Stretch” the replacement intervals your eye care provider has specified.

**Don't:** Use saliva, tap water, or anything other than the recommended solution(s) for lubricating, rewetting, and/or cleaning your contact lenses. Always use a sterile contact lens solution to clean and soak your contact lenses.

**Don't:** Let the tip of solution bottles touch other surfaces – including your fingers, eyes, or contact lenses.

**Don't:** Share your contact lenses with anyone, ever!

**Don't:** Use fingernails, tweezers, or any other tool for removing contact lenses from their packages or containers.

**Don't:** Expose your contact lenses to or clean them with non-sterile water or solution - bottled, distilled, tap, lake, or ocean water or any homemade saline solution.

**Don't:** Change the brand of contact lens solution you use to clean your contact lenses unless recommended by your doctor. They have recommended an appropriate solution for your current contact lens brand and material.

**Don't:** Reuse old contact lens solution to disinfect your contact lenses. Discard all of the solution after each use and use fresh solution each time.