



Contact lenses prescribed by licensed optometrists provide wearers with a safe and effective form of vision correction. However, between 40 and 90 percent of contact lens wearers do not follow proper hygiene instructions for their lenses, which can pose serious risks.

To protect your eye and vision health, the American Optometric Association (AOA) recommends the following safety tips

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Initials _____

DO'S AND DON'TS FOR CONTACT LENS WEARERS

Lifetime Vision

DO'S

- Wash and rinse your hands thoroughly with a mild soap and dry with a lint-free towel before handling your lenses. Avoid lotion, oily cosmetics and hand sanitizers before handling your lenses.
- Inspect your lens before putting it on your eye. Examine it to be sure that it is moist, clean, clear and free of any nicks or tears.
- Use fresh solution to clean and store contact lenses. Never reuse old solution.
- Remove your lenses immediately if you experience eye discomfort, excess tearing, vision changes, and redness of the eye or other problems and promptly contact your optometrist.
- Be sure to schedule a yearly comprehensive eye examination with your optometrist. Always follow the recommended contact lens replacement schedule they prescribe.

DON'TS

- Touch the lens with your fingernails and never use tweezers or other tools to remove lenses from the lens container unless specifically indicated for that use.
- Use a lens if it is damaged or if the sterile blister package it comes in is opened or damaged.
- Use expired prescriptions or stock up on lenses right before the prescription expires.
- Wear your lenses beyond the prescribed wear schedule, as serious complications may occur, including loss of vision.
- Swim or shower while wearing contact lenses. Exposing contact lenses to water may increase the risk of severe eye infection that could lead to vision loss or blindness.

Sleep in your contacts. While you're sleeping, your contacts keep your eye from getting oxygen and hydration it needs which may lead to infections.