

## **Do's & don'ts for contact lens patients**

### **Contact Lens DO's**

**Do:** Stick strictly to the wearing schedule prescribed by your eye care practitioner and dispose of your contact lenses and directed.

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

**Do:** remove your lenses immediately and consult your eye care practitioner if your eyes become red, irritated or your vision changes.

**Do:** Always keep your lenses completely covered by the recommended storage solution when the lenses are not being worn.

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

**Do:** Develop the habit of always working with the same lens first.

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

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

**Do:** Schedule follow-up exams as recommended by your eye care practitioner, at least once a year.

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

**Do:** Ask yourself these three questions each time you wear your lenses:

Do my eyes feel good?

Do my eyes look good?

Do I see well?

If the answer is "no" to any of these questions, remove your lenses immediately and contact your eye practitioner.

### **Contact Lens DON'Ts**

**Don't:** "Stretch" the replacement intervals your eye care practitioner has specified.

**Don't:** Use saliva, tap water or anything other than the recommended solutions for lubricating, rewetting and/or cleaning your 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 lenses from their packages or containers.

**Don't:** Use non-sterile water (distilled, tap or any homemade saline solution) to clean your lenses. Don't expose your contact lenses to any water—tap, bottled, distilled, lake or ocean water.

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

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