

Tips for Successful Contact Lens Wear

In order to help ensure crisp, clear vision, better eye health and maximum lens wearing comfort, consider these important tips for successful lens wear and care.

ALWAYS:

- Wash your hands with a mild soap and dry them with a lint-free towel before touching your lenses.
- Handle the same lens first to avoid confusing the right and left lenses.
- Clean, rinse, and disinfect your lenses each time you remove them. Follow your eye care practitioner's instructions.
- Apply hair spray **before** inserting your lenses.
- Apply make-up **after** inserting your lenses.
- Keep all solutions bottles closed when not in use.
- Use solution before expiration date marked on bottle or discard.
- Clean your lens case daily and let air-dry. Replace your lens case every three months or sooner.
- Schedule regular appointments with your eye care practitioner.
- Contact your eye care practitioner if you have questions or concerns.

NEVER:

- Allow soaps, cosmetics, or other substances to come into contact with your lenses.
- Touch the tip of a lens care solution bottle to any surface, including your finger or the contact lens.
- Re-use any lens care solution.
- Use eye drops or solutions not intended for use with contact lenses.
- Lick contact lenses or use tap water on contact lenses when appropriate solution is unavailable.
- Wear your contact lenses in the presence of harmful or irritating vapors or fumes.
- Apply eye make-up to the inner portion of your eyelids.
- Use eye make-up that is likely to run into your eye.
- Share or borrow eye make-up or applicator brushes.

If you have any problems, difficulties, or questions, please do not hesitate to call our office. We are here to help you see better and feel comfortable.

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