Contact Lens Do’s and Don’ts

Do:

* Always wash your hands before handling contact lenses
* Carefully and regularly clean contact lenses
* Store lenses in a contact case and replace the case every three (3) months
* Clean the case after each use and keep it open and dry between cleanings
* Only use fresh solution to clean and store contact lenses
* Always follow the recommended contact lens replacement schedule
* Apply makeup after contact lenses are inserted
* Remove contact lenses before showering, bathing, swimming or entering a hot tub
* Avoid tap water to wash or store contact lenses or lens cases
* See your optometrist for your regularly scheduled contact lens and eye examination

Don't:

* Use cream soaps -- they can leave a film on your hands that can transfer to the lenses
* Use homemade saline solutions
* Wear damaged contact lenses
* Put contact lenses in your mouth or moisten them with saliva
* Use tap water to wash or store contact lenses or lens cases
* Share lenses with others
* Use products not recommended by your optometrist to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect lenses!