

Tips for Wearing Contact Lenses

Contact Lenses

Congratulations on the purchase of your contact lenses. You can now enjoy the freedom of better vision without glasses.

These guidelines will help you avoid eye infection and irritation, and extend the life of your contact lenses.

When to Replace Your Lenses

- **conventional lenses**
replace every year
- **planned replacement lenses**
1-, 2- or 3-month replacement
- **disposable lenses**
1-day, 1-week or 2-week replacement.

How to Get Adjusted to Your Lenses

In the beginning, it is normal if:

- your eyes itch
- one lens is more noticeable than the other one
- your vision seems less clear than with glasses
- one eye sees better than the other one.

What to Do and Avoid With Your Contact Lenses

What to do

- Have regular eye exams once a year.
- Follow your lens replacement schedules.
- Check the lenses for damage or discoloration.
- Wash your hands before you handle the lenses. Use soap without lotion, moisturizers or deodorant.
- Disinfect the lenses after each use.
- Empty the disinfecting or soaking solution from your case after each use.
- Keep the lenses case clean and replace it every 6 months.
- Check the contact lens solution expiration dates.
- Throw away open bottles of solution after 2 to 3 weeks.
- Be sure the lenses are centered in the bottom of the case before storing them.
- Keep your fingernails short and smooth.
- Wear protective eyewear when you play sports.

What not to do

- Don't switch or mix solutions without first asking your eye care provider.
- Don't use eye drops without your eye care provider's approval.
- Don't rub your eyes.
- Don't wear a lot of eye makeup.
- Don't wear your lenses around chemical fumes.
- Don't wear your lenses longer than your eye care provider advises.
- Don't wear your lenses when your eyes are red, irritated, painful or when your vision is blurred.
- Don't use tap or distilled water to rinse or store soft lenses.
- Don't sleep with contact lenses in without your eye care provider's approval.

Please call your eye care provider if you have any questions about wearing or caring for your contact lenses.