

SOFT CONTACT LENSES

DO

- **Wash your hands with non-moisturizing soap prior to lens insertion and removal.**
- **Remove your lenses every night unless otherwise directed by your doctor.**
- **Clean and disinfect your lenses on a daily basis to reduce risk of infection.**
- **Rub your lenses with cleaner/disinfectant daily as this will reduce the amount of deposits on your lenses, making them more comfortable.**
- **Clean case with hot, soapy water and let air-dry; replace your case every three months.**
- **Use only products approved for use with soft contact lenses and consult with your doctor before using.**
- **Apply make-up after lens insertion, and remove make-up after lens removal.**
- **Have a back-up pair of eye glasses in case you have complications with your contact lenses.**
- **Remember to blink completely and frequently when watching TV or working on the computer to prevent dryness.**
- **Use preservative-free rewetting drops as needed.**
- **Visit your eye doctor ASAP if you notice any redness, pain, or decrease in vision with the contact lenses.**

DON'T

- **Sleep in your contact lenses. It is uncomfortable upon waking and can cause serious damage to your eyes.**
- **Use homemade saline, tap water, distilled water, or saliva to clean or wet your contact lenses.**
- **Swim or engage in other water activities with your lenses on.**
- **Share your contact lenses with other individuals.**
- **Over wear your lenses (greater than 14-16 hours per day). Removal of lenses at least an hour prior to sleep will allow oxygen to penetrate the eye and help make contact lens wear more tolerable.**
- **Apply moisturizer/lotion prior to handling contact lenses.**
- **Wear lenses where they can be exposed to fumes (beauty salon, chemical plant, etc...).**