

The "Do's and Don'ts" of Contact Lenses

DO replace lenses according to the schedule recommended by your Doctor, even if they seem fine.	DO NOT wear lenses if your eyes are unusually red, irritated, weepy, light sensitive or blurry.
DO wash your hands with a lotion-free soap before handling lenses. Make sure your hands are fully dry before lens insertion.	DO NOT hot tub or enter a steam room or swim with your lenses on. Ask us about swim goggles.
DO use only the solutions recommended by your doctor.	DO NOT allow soft lenses to hydrate.
DO use lubricant in the eyes liberally when the lenses feel dry or prior to removal.	DO NOT get both lenses stuck together. If this happens, moisten with saline or a surface cleaner and try to slide lenses apart.
DO wash and allow lens case to air dry. Use your contact lens solution to clean your case. Replace your case every 3 months.	DO NOT use medicated eye drops while wearing lenses.
DO wait to apply makeup until after lenses are on.	DO NOT sleep while wearing lenses unless approved for night wear by your doctor.
DO inspect the lenses for defects, lint, mascara, nicks and tears, or to see if it is inverted before each application	DO NOT use hand creams, makeup or hair spray before handling lenses.
DO keep fingernails short and smooth for safe handling of lenses.	DO NOT swap or share lenses or lens cases.
DO be careful when placing the lens in the case; make sure the lenses sink in lens case and are centered before gently closing the lid.	DO NOT touch the solution bottle tip to the lenses or your eye.
DO keep a backup pair of glasses available for emergencies.	DO NOT use distilled water, tap water, or saliva with soft lenses.
DO disinfect your lenses with fresh unexpired solution after each wear.	DO NOT reuse or top off disinfection solution. Old solution loses its effectiveness.

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