

## **Caring for your Contacts Lenses**

### **To begin your day:**

- Wash your hands with antibacterial soap and water before touching your contact lenses, and dry your hands with a lint-free towel.
- After taking your contacts out of your case dump the old solution.
- Rinse your contact lens case with fresh solution, and leave it overturned and open to dry. **Don't** clean your case with water, which can contain impurities.

### **To end your day:**

- Wash your hands with soap and water before touching your contact lenses and dry your hands with a lint-free towel.
- Remove one lens at a time and clean with recommended solution – cleaning removes eye-produced build up, cosmetics, and other debris that impairs lens comfort
- Rub your lens in the palm of your hand with a few drops of solution, even if you are using a no rub product
- Rinse the lens again to remove the loosened debris
- Place the lens in your clean lens case and fill with fresh solution. Use **fresh** contact lens cleaning solution **every time**; **Don't** “top off” your old solution
- Repeat above steps for your other lens

### **Other tips to keep contacts clean**

- Don't transfer contact lens cleaning solutions into smaller containers for travel or storage, which can compromise the sterility of your solution.
- Keep your solution bottle tightly capped, and avoid contact with surfaces or objects while in use.
- **Replace** your contact lens case at least every three months.
- **Never** over wear your contact lenses – **Always** follow daily wear instructions

**Always follow the instructions** that accompany your contact lenses, your contact lens case and your contact lens cleaning solution, along with your eye doctor's directions.

You should **always** have a serviceable pair of glasses. Contact lenses **should not** be the only vision correction you have available.

Your eye doctor is your ally in keeping your eyes and vision at their peak. Chat with the doctor **annually** to make sure your contact lenses and care system are still appropriate for your eyes and lifestyle.