

# Contact Lens Do's and Don'ts



You should always follow your optician's instructions when caring for your contacts, here is a useful list of Do's and Don'ts

## Contact Lens Do's



**DO** always handle your contacts with clean, dry hands. Directly before handling your contacts wash your hands thoroughly, rinse completely and dry before touching your contacts

**DO** apply contacts before your makeup and remove your contacts before taking off makeup

**DO** get into the habit of applying and removing your contacts in the same order

**DO** ensure you follow the cleaning routine and hygiene instructions given by your optician with regards to your contacts

**DO** always clean, rinse and air-dry your lens case each time your contacts are removed from the case, if your contacts are reusable

**DO** replace lens case as recommended in the solution manufacturer's instructions. This is normally once a month

**DO** check your contacts are the right way round before applying

**DO** check there is no damage to your contacts before applying

**DO** only clean your contacts with your recommended lens cleaning solution

**DO** keep all bottles of solution closed when not in use

**DO** always keep your contacts completely covered by the recommended storage solution and in their storage case when the contacts are not being worn

**DO** schedule follow-up aftercare and eye examinations as recommended by your optician

**DO** always have an up to date pair of spectacles for when you need to remove your contacts

**DO** ask yourself these three questions each time you wear your contacts:

- 1) Do my eyes feel good?
- 2) Do my eyes look good?
- 3) Do I see well?

***If the answer is "NO" to any of these 3 questions, remove your contacts immediately and contact your optician***



## Contact Lens Don'ts

**DON'T** wear your contacts for longer than your recommended wearing schedule, as prescribed by your optician

**DON'T** wear any contacts that haven't been prescribed by your optician

**DON'T** use fingernails, tweezers or any other tool for removing contacts from their packages or containers

**DON'T** re-use lens solution to disinfect your contacts. Discard all of the lens solution after each use and use fresh solution each time

**DON'T** use saliva, tap water or anything other than the recommended solutions for lubricating, rewetting and/or cleaning your contacts. Always use contact lens solution to clean and soak your contacts

**DON'T** use your solution or contacts beyond their expiry date or recommended discard date

**DON'T** sleep or nap in your contacts unless this has previously been agreed with your optician

**DON'T** allow your contacts to come in contact with water e.g. Never wash contacts or case with water, never shower in contacts

