



## Contact Lens Care

- **ALWAYS** wash your hands before handling your contact lenses.
- Backup glasses should be available for emergencies.
- **DO NOT** sleep, swim or hot tub with your contact lenses on!
- Apply your makeup after you insert your contact lenses.
- Replace your contact lenses as instructed by your doctor. **DO NOT** go over this prescribed schedule.
- Rinse your contact lens case daily with solution and let it air-dry. Also, replace your case at least every three months.
- Always use fresh solution to clean your lenses. Do not add new solution to old solution.
- Clean, rinse, and disinfect your lenses daily with the solution that the doctor recommends.
- If you experience any unexplained eye pain, redness, discharge, and/or decrease in vision, the first thing is to remove your contact lenses and call the eye doctor!
- For **first time wearers**, you may notice the following when you first wear your lenses:
  - Itchy or unfamiliar sensation
  - One lens feels more noticeable than the other
  - Better vision in one eye than the other
  - Blurrier vision with contact lenses than with glasses
- For **first time wearers**, the first day you should wear your lenses for about 4 hours. Then, add two hours each day after that. The maximum time you should wear your contacts daily is 10-12 hours. If you exceed the recommended wearing time, comfort will decrease and risk for infection will increase as well.