

Healthy Soft Contact Lens Habits


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Congratulations on your new soft contact lenses!

To ensure continued success with your soft lenses, review these healthy lens habits.

1. Wash your hands thoroughly with soap, rinse and dry them before handling your lenses.^{1,2}



2.  Do not use tap water to clean or handle your lenses or to clean the case.³⁻⁷

3. Your solution has been chosen specifically for your type of lens. Do not change without discussing this with your eye doctor.⁸⁻¹¹
In addition, contact lens solutions should not be used after the expiration date.¹²
Your chosen solution is _____.


4. To maintain comfortable lens wear, rub your lenses with the prescribed solution to remove protein, oil and make-up.^{13, 14}



5. Store brand solutions are often old formulations of solutions and may not be compatible with your type of lens.¹⁵⁻¹⁸

6. Always recap your solution bottle.^{1, 19}



7.  Do you want to nap or sleep with your lenses? Ask your doctor if your lenses are designed for that.^{20, 21}
Sleeping in your contact lenses, if not prescribed for overnight wear, increases your risk for eye infection.²²⁻²⁶

8. Never share your contact lenses with anyone.²⁷⁻²⁹

9. Before using any type of eye drop (medication or artificial tear), ask your doctor if the lenses need to be removed.³⁰⁻³²



10. Clean the case with your prescribed solution and let air dry completely, uncapped and upside down, on a paper towel. It is recommended to replace your case at least every 3 months.^{2, 33-36}



11. Empty completely the solution in the lens case every day. Never add more solution if there is solution already there.^{13, 34, 37}



12. Healthy lens wear should not induce redness, discomfort or visual disturbance. If you have any concerns, consult your eye care professional.

13. Your eye doctor has selected a wearing and replacement schedule for you. These are important to be followed.^{38, 39}

Your next contact lens checkup is:

Your contact lenses must be replaced every:

day 2 weeks month

Association of Optometric Contact Lens Educators
www.aocle.org



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