



## *Contact Lens Care Instructions*

Contact lenses are an **alternative** to prescription glasses, but not a complete **replacement**. One should always have a **pair of glasses** with an **updated prescription**. It's important to remember that contact lenses are a **medical device** that is also a **foreign body** on the eye. By wearing contact lenses, even when properly cared for, you are **increasing** the chance of an **infection** or **inflammatory reaction** of the eye. Furthermore, **sleeping** in your contact lenses **greatly increases** the chance of an **infection** or **inflammatory reaction**.

### **Do**

- ✦ Give your eyes a **break** from the contact lenses; **minimum of 2 hours per day** and **one day or afternoon per week**
  
- ✦ **Dispose** of your contact lenses on a **regular schedule** set by your optometrist (monthly, bi-weekly, or daily)
  
- ✦ **Dispose** of the **solution** after putting the contact lenses in and let the **case dry** with the **cover off**
  
- ✦ **Dispose** of your contact lens **case** every **3 months**
  
- ✦ **Take out** your contact lenses if they eye is **red** or **irritated**. Call your optometrist if the redness and irritation persists with the contact lenses out

### **Don't**

- ✦ **Wait to dispose** of your contact lenses until they "**feel old or scratchy**"
  
- ✦ **Top off** or **reuse** contact solution
  
- ✦ **Sleep** or **swim** in your contact lenses
  
- ✦ Wear your contact lenses **all day, every day**