

# 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.<sup>1,2</sup>



2.  Do not use tap water to clean or handle your lenses or to clean the case.<sup>3-7</sup>

3. Your solution has been chosen specifically for your type of lens. Do not change without discussing this with your eye doctor.<sup>8-11</sup>

Your chosen solution is \_\_\_\_\_.


4. To maintain comfortable lens wear, rub your lenses with the prescribed solution to remove protein, oil and make-up.<sup>12,13</sup>



5. Store brand solutions are often old formulations of solutions and may not be compatible with your type of lens.<sup>14-17</sup>

6. Always recap your solution bottle.<sup>1, 18</sup>



7.  Do you want to nap or sleep with your lenses? Ask your doctor if your lenses are designed for that.<sup>19, 20</sup>

8. Never share your contact lenses with anyone.<sup>21-23</sup>

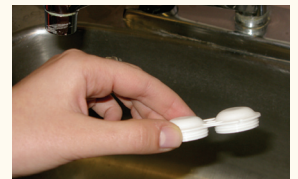
9. Before using any type of eye drop (medication or artificial tear), ask your doctor if the lenses need to be removed.<sup>24-26</sup>



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.<sup>2, 27-30</sup>



11. Empty completely the solution in the lens case every day. Never add more solution if there is solution already there.<sup>12, 28, 31</sup>



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.<sup>32, 33</sup>

Your next contact lens checkup is:

Your contact lenses must be replaced every:

day     2 weeks     month

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