

Tips When Using Contact Lenses

Using contact lenses is an alternative to wearing glasses as they typically fit your eyes seamlessly and are easy to use. Although they have their perks, wearing contact lenses comes with a set of responsibilities. Following a routine that keeps contacts clean is essential for eye health and decreases risks of eye infection and irritation.



Below are tips to keep in mind when using contact lenses!

- 1) Wash your hands and dry them thoroughly before touching your contact lenses. This prevents the transfer of bacteria from your hands to your lenses.
- 2) When putting your contact lenses in or out of your eyes, make sure you start with the same side every time. This helps to prevent accidentally switching your prescription if you have a different one for each eye.
- 3) Keep your nails short to reduce the chances of scraping your lenses.
- 4) When cleaning your lenses, use contact solution. Always use new solution to clean and disinfect your lenses. Never use old solution or a mix of old with new solution.
- 5) Replace contact lens case every three months or when the case is cracked or damaged.

Do:

- Put your make up on after you put in your contacts.
- See your eye doctor once every two years for a check up.
- Check your lenses for damage every time you plan to put them in your eyes.
- Carry back up glasses in case you need to take off your contact lenses.

Do Not:

- Do not sleep with your contacts as they can scratch and dry out your eyes.
- Do not wear your contacts while you shower, swim, or use hot tubs. Wearing them increases your chances of getting eye infections.
- Do not wear your contacts longer than what is recommended. Timing depends on whether you have daily, weekly, or monthly contact lenses.



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