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CONTACT LENS DO'S & DON'TS

Contact lenses are a prescribed medical device and potential complications may result in permanent vision loss

- DO** - Wash hands with a non-moisturizing antibacterial soap and thoroughly dry them before handling your contacts.
 - DO** - Follow your doctor's instructions and report any concerns you may have immediately.
 - DO** - Follow your wearing schedule. New wearer 4-5 hours the first day, then add 1-2 hours every day until you are up to a maximum wearing time of 10-12 hours per day.
 - DO** - Rinse your case with warm water every day and let it air dry in a clean area.
 - DO** - Use fresh solution every night. Never reuse solution.
 - DO** - Replace your contact lens case at least every 3 months.
 - DO** - Replace a lens that is uncomfortable.
 - DO** - Rinse a lens that has been dropped.
 - DO** - Have back up glasses. Wear them one day a week.
 - DO** - Remove your contacts several hours before bedtime (It lets your eyes breathe).
 - DO** - Avoid aerosols (Hair spray, deodorant etc.)
 - DO** - Only use the solutions prescribed by your doctor. Report any adverse effects of solutions immediately.
 - DO** - Use lint free paper towels.
 - DO** - Put your makeup on after you put your contacts in.
 - DO** - Use contact lens safe cosmetics.
 - DO** - Handle your lenses carefully. Support them from the bottom - not by the edge. Avoid touching your lenses with your fingernails.
 - DO** - Wear eye protection when necessary.
 - DO** - Call the office for any questions or concerns.
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- DON'T** - Sleep in your contact lenses.
 - DON'T** - Put a soft lens in water for any reason. If you don't have any solution to store them in, throw them out.
 - DON'T** - Wear disposable contacts longer than approved by the FDA or recommended by the manufacturer.
 - DON'T** - Swim in your contacts. Water and soft contacts are a dangerous combination because water can cause the lens to swell, changing the way it fits. Also, microscopic organisms that live in the water can attach to your lenses causing infection, vision loss, blindness, and loss of the eye.
 - DON'T** - Wear a lens that is uncomfortable or that has been damaged.
 - DON'T** - Wear your contacts if you are sick.
 - DON'T** - Use any solution that has been opened for more than six months or if it has expired.
 - DON'T** - Carry extra solution in your contact lens case - it can grow mold and bacteria.
 - DON'T** - Touch tip of the solution bottle to anything.
 - DON'T** - Mix solutions or go back and forth between brands.
 - DON'T** - Apply eyeliner to the inside rim of the eyelids.
 - DON'T** - Dry your hands on a shirt or a towel.
 - DON'T** - Use Murine or Visine with your contacts. Make sure to use "contact safe" eye drops.