



Care and Contact Lens Center

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Top 6 Recommendations for Clean and Safe Contact Lenses

1. Always wash your hands before handling contact lenses.
2. Carefully and regularly clean contact lenses, as directed by your optometrist. If recommended, rub the contact lenses with fingers and rinse thoroughly before soaking lenses overnight in sufficient multi-purpose solution to completely cover the lens.
3. Store lenses in the proper lens storage case and replace the case every three months. Clean the case after each use, and keep it open and dry between cleanings.
4. Use only products recommended by your optometrist to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect lenses.
5. Only fresh solution should be used to clean and store contact lenses. Never re-use old solution. Contact lens solution must be changed according to the manufacturer's recommendations, even if the lenses are not used daily.
6. Always replace old contacts when you get a new contact lens prescription.

When wearing or cleaning contacts:

- ✓ Never put contact lenses in the mouth or moisten them with saliva, which is full of bacteria and a potential source of infection.
- ✓ Don't use tap water or homemade saline solutions. Improper use of solutions has been linked to a potentially blinding condition among soft lens wearers.
- ✓ Never use contacts that have not been prescribed by an eye doctor. Contact lens wear is not an option for everyone; consult with an optometrist to see if contact lenses are an appropriate choice for vision correction.