

Contact Lenses: The Do's and Don'ts

This material will help you understand the basics of wearing contacts and provide you with tips on what you should and should not do.

What are contact lenses?

Contact lenses are thin, clear discs that you can wear to improve your vision. Like glasses, they are worn to correct a refractive error such as nearsightedness (myopia) or farsightedness (hyperopia). Contacts are safe, but require proper cleaning and care.

What should I do to take care of my contact lenses?

It is important to follow these tips on what to do and what not to do when wearing contacts:

- Follow your doctor's instructions on how to clean and store your contact lenses.
- Always wash your hands with soap and water before touching your contacts.
- Use the cleaning solution recommended by your eye doctor.
- Replace your lenses as recommended.
- Call your doctor if you notice any problems like redness, irritation, or discharge. This may be the sign of an infection or another problem.
- Have regular eye exams to make sure your contacts fit properly and your prescription has not changed.
- Store your contacts in a case with fresh solution. Clean your case after each use and keep it open to dry. Replace the case at least every three months.

What shouldn't I do with my contact lenses?

- Do **not** wear contacts when you are swimming or in a hot tub.
- **Never** reuse solution.
- Do **not** share your contacts.
- Do **not** use water or saliva.
- Do **not** wear lenses when sleeping, unless you are prescribed special lenses for overnight wear.

For more information, scan these codes with your smartphone or visit the websites listed.



<http://www.aoa.org/patients-and-public/caring-for-your-vision/contact-lenses/dos-and-donts?sso=y>



<http://www.aoa.org/patients-and-public/caring-for-your-vision/contact-lenses/what-you-need-to-know-about-contact-lens-hygiene-and-compliance?sso=y>

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