

4 TIPS FOR

Contact Lens Use & Care

TIP 1

Don't sleep with lenses in

Avoid sleeping in your contact lenses (unless prescribed by your doctor). Always follow the recommended wearing schedule and make sure you give your eyes a break and allow them to breathe by taking your lenses out at least once a day.



TIP 2

Clean lenses properly

Wash hand thoroughly (with soap and water) before handling your lens. Rub and rinse your lenses with a cleaning solution to remove dirt, debris and bacteria. Clean and replace your lens case regularly to avoid build up of germs.



TIP 3

Watch for signs of infection

Remove your lenses and contact your eye doctor if you experience redness, itching, pain, blurred vision or discharge from your eyes. Don't ignore the issue and seek swift medical attention if you suspect an eye infection or if symptoms worsen.



TIP 4

Regular check ups

Visit your eye care professional regularly for comprehensive eye exams and contact lens fitting and follow-up appointments. Be honest about your contact lens habits and any discomfort or issues you may be experiencing.

