



Always wash and dry hands thoroughly before handling contacts. Avoid washing hands with soaps containing moisturizers or creams.

Do not apply makeup before inserting your contacts.

Insert and remove your contacts while seated in front of a mirror directly in front of you at eye level.

Once you put your contacts in for the day, dump out the old solution. Rinse your case thoroughly with the solution. Allow it to air dry in a safe area.

Make sure your contacts feel comfortable. Watch for symptoms of excessive pain, tearing, redness, blurry vision, or light sensitivity. Remove contacts and call our office immediately if any of these symptoms occur.

If you ever drop your contact lens, pick up the lens. Apply solution and gently rub the lens for 10-15 seconds to remove any dirt or debris.

Upon removal, disinfect contact as directed and store in a clean case. Rub contacts with fingers and rinse with solution before soaking in fresh contact lens solution. Do this every time you wear contacts.

Replace contact lenses as prescribed by your eye care professional. This can be daily, bi-weekly, or monthly.

Replace your contact lens case every 2-3 months.

Do not wear contacts during periods of illness, eye infections, or when using eye medications.

Do not swim with contacts in.

Never place contacts in your mouth. Never use tap water to re-wet, clean, or store them.

Keep your fingernails short and clean for ease of insertion and removal.

Contacts can be worn every day, and should be removed at least 1 hour prior to sleeping.

Never sleep in your contact lenses unless indicated by your prescribing optometrist. Lens approved for extended wear are especially designed and must be prescribed specifically.

In the event of lens dryness or discomfort, only use eye drops approved for contacts.

Use approved rewetting drops to moisten contacts if they become dry or difficult to remove. Never force the removal of a sticking lens. If your lens is sticking, apply rewetting drops and wait 15 minutes before trying to remove it again. Call our office if you are unable to remove the contact lens.

New wearers should only wear contacts for 4 hours the first day and increase the wear time by 2 hours each subsequent day.

Do not switch disinfection methods without first consulting your prescribing optometrist. Do not mix disinfecting solutions. Do not re-use old solution. Always keep the lids on your case while your contact lenses are soaking.

Keep up with annual exams and follow-up care to maintain the health of your eyes and avoid running out of contacts.

Your contact lens prescription will only be released after the required follow-up care has been completed. Follow-up exams are required for all contact lens wearers, unless otherwise indicated by the prescribing optometrist.