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Guidelines for Contact Lens Users

1. Make sure you ALWAYS wash your hands with soap and water before handling your contacts!
2. DO NOT use saliva or water to rewet your contacts—either use rewetting drops specifically for contacts or use contact lens solution. This will help keep your eyes healthy and prevent harmful protein buildups or eye infections and ulcers.
3. Do not wear your contacts longer than directed. Do not sleep in your contacts! Over wear can lead to infection, corneal damage, and even loss of vision. Follow your doctor's instructions on how long to wear the contacts before using a fresh pair.
4. Store your unopened contacts at room temperature in a clean, dry place.
5. If you wear daily disposable contacts, throw them away at the end of the day and replace with a fresh pair in the morning.
6. If you wear weekly or monthly lenses, store your contacts in a case with fresh solution every night. Rinse the case out with fresh solution in the morning and let it air dry during the day. Following this routine will help prevent harmful bacteria growth and protein build up on the contact lenses.
7. If you have any questions, or if your eyes are red, painful, or you begin to lose vision, remove your contacts and call us.

After training today, here is the schedule for wearing your contacts:

Day 1—Four hours

Day 2—Six hours

Day 3—Eight hours

Day 4—Ten hours

Day 5—10+ hours

When you return in 1-2 weeks for your follow-up visit with the doctor, wear your trial pair of contacts for at least **an hour** before your appointment.

Be sure to wear the new contacts to your appointment!