

Caring For Your Contact Lenses

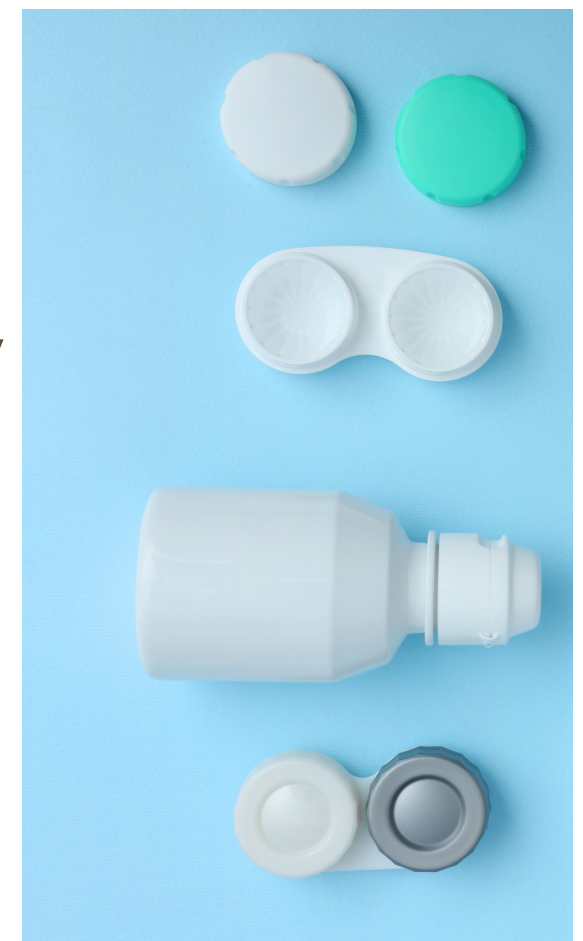


Inserting and Removing Your Lenses

- It is important to always wash your hands before putting lenses in and taking them out of your eyes to avoid contaminating the contact lenses or your eyes.
- If you ever feel any pain in your eyes when you put your lenses in, the lens might be inside out or there might be something trapped underneath the lens. If this happens, take the lens out, make sure it is facing the correct way and put it back in. If you still experience pain, you should remove the lenses and contact your eye doctor.

Cleaning Your Lenses

- If you are prescribed daily disposable lenses, take them out at night and throw them away. Daily disposable lenses are only designed to wear for one day and should never be worn more than once.
- If you wear lenses that can be worn for more than one day, take them out of your eyes every night before bed and clean them according to the instructions on the solution box or as instructed by your eye doctor. It is important to allow your lenses to soak in the solution for several hours to remove bacteria, oils, and debris from the lenses that may have built up on them while they were in your eyes. This keeps the lenses as clean as possible and gives you the best vision out of your lenses. If you have allergies or find the solution is not cleaning your lenses very well, try a hydrogen peroxide based cleaner instead.
- Doctors recommend replacing your case every time you open a new bottle of solution or every 3 months.



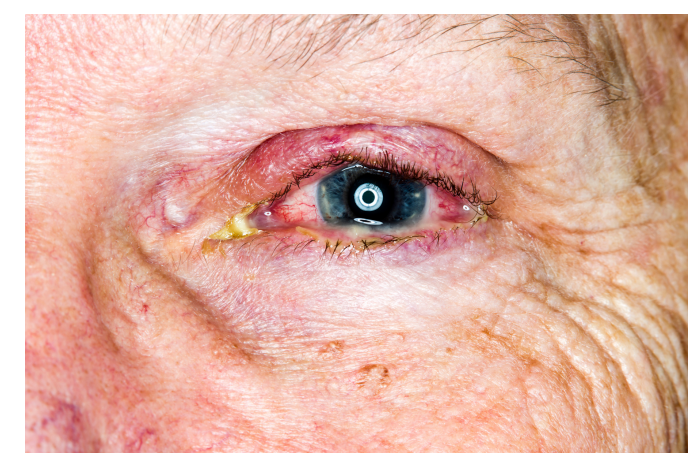
Replacing Your Lenses

Always replace your lenses on schedule. If they are daily disposables, throw them away every night. If they are two week lenses, they can be worn for up to two weeks after they are opened, just as monthlies can be worn for up to a month after they are opened. You should still throw them away after two weeks or a month, even if you did not wear them every day after they were opened. Wearing the lenses longer than the recommended time frame can put your eyes at risk for infection or other complications.



Things You Should Avoid

- You should never sleep, swim, or shower in your lenses. This increases your risk for developing an eye infection that could cause you to lose vision permanently.
- It is best to avoid using eye drops with contacts in, but preservative free lubricating drops without oil are usually okay for mild dryness or irritation



When To See Your Doctor

- You should see your eye doctor yearly for routine contact lens exams. The doctor will make sure the contacts you are wearing are still healthy for your eyes and insure your prescription is up to date. It is important to keep your glasses up to date even if you primarily wear contact lenses in case there is a reason you are unable to wear your contact lenses.
- Outside of yearly exams, if you ever experience any eye pain, redness of your eyes or loss of vision, remove your contacts and contact your eye doctor right away.

