

TOP 10 SPRING BREAK

tips for healthy contact lens wear



Remove contact lenses before showering, swimming, or using a hot tub.

Throw away or disinfect contact lenses that touch water.



Wash your hands with soap and water. Dry them with a clean cloth before touching your contact lenses.



Don't sleep in your contact lenses unless prescribed by your optometrist.



Rub and rinse your contact lenses with contact lens disinfecting solution to clean them each time you remove them.

Replace your contact lenses as often as recommended by your optometrist.



Replace your contact lens case at least once every three months.

Rub and rinse your contact lens case with contact lens solution, empty, and dry with a clean tissue. Store upside down with the caps off after each use.



Don't top off solution! Use fresh disinfecting solution every time.

Use only the contact lens solution recommended by your optometrist.

