

Contact Lens Care and Safety



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Contact lenses can be a great alternative to glasses — they're convenient, comfortable, and provide clear vision without changing your appearance. Millions of people wear them safely every day. However, contact lenses are medical devices that sit directly on your eyes, so they must be handled carefully. With good hygiene and regular check-ups, you can keep your eyes healthy and comfortable while enjoying all the benefits of contact lenses.



Why Good Lens Hygiene Matters

Because contact lenses rest on the surface of your eye, any dirt, bacteria, or debris can cause irritation or infection.

Proper hygiene helps prevent problems such as:



- Eye infections (including serious ones like corneal ulcers)
- Redness and irritation
- Dry eyes or discomfort
- Blurred vision

Even mild infections can be painful and require treatment, so prevention is key.



How to Insert and Remove Contact Lenses

Inserting your lenses:

1. Wash and dry your hands thoroughly. Use a mirror to watch the position of the lens.
2. Place the lens on the tip of your index finger — it should look like a smoothly-curved bowl with edges facing inward, not out. Some lenses have markings to help.
3. With your other hand, lift the upper eyelid from the lash line.
4. Use the middle finger of your lens hand to gently pull down your lower lid.
5. Look straight ahead or slightly upward and place the lens gently on your eye.
6. Slowly release the upper lid then blink a few times — it may take a few seconds for the lens to settle.

Removing your lenses:

1. Wash and dry your hands.
2. Look up and pull down your lower lid.
3. Touch the lens gently with your fingertip and slide it down to the white of your eye.
4. Pinch it softly between your thumb and finger, then remove.
5. Clean or discard the lens as appropriate.

HOW TO CLEAN YOUR CONTACT LENSES



**WASH AND
DRY YOUR
HANDS**



**FILL YOUR CONTACT
LENS CASE WITH
FRESH SOLUTION**



**RUB THE LENS IN
SOLUTION IN THE
PALM OF YOUR HAND**



**RINSE THE LENS
WITH SOLUTION**



**STORE THE CONTACT
IN ITS CASE
REPEAT WITH
REMAINING LENS**

Daily Lens Care Tips

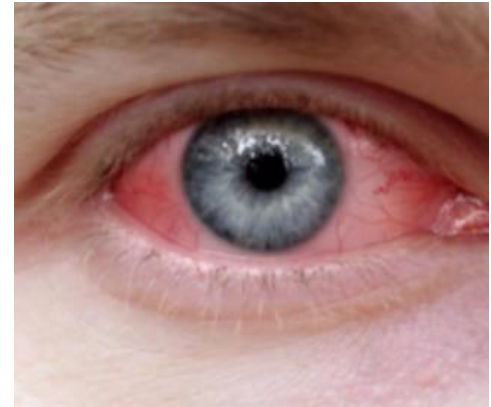
Follow these steps to keep your lenses — and your eyes — clean and healthy:

- Wash and dry your hands thoroughly before touching your lenses or eyes.
- Insert lenses before applying makeup or face creams to prevent contamination.
- Use only fresh solution to clean and store your lenses. Never reuse or “top up” old solution.
- Clean and rub your lenses gently (unless you use daily disposables). Rubbing removes deposits that can build up even if you use “no-rub” solutions.
- Rinse your case daily with fresh solution (not tap water), and let it air-dry with the caps off. Replace the case every three months.
- Remove lenses before sleeping, unless your optometrist has specifically recommended overnight lenses. Sleeping with contacts in increases the risk of eye infections.
- Avoid water — don’t wear lenses while swimming, showering, or in hot tubs. Water can introduce harmful microorganisms, including *Pseudomonas* or *Acanthamoeba*, which can cause severe, painful eye infections.
- Watch for Warning Signs



If you notice any of the following symptoms, remove your lenses immediately and contact your eye doctor:

- Redness or pain
- Blurry or hazy vision
- Sensitivity to light
- Excess tearing or discharge
- The feeling that something is in your eye



Don't try to "push through" discomfort — continuing to wear lenses when your eyes are irritated can make the problem worse.

Healthy Habits for Long-Term Comfort

- **Stick to your replacement schedule.** Old or damaged lenses can cause dryness and irritation.
- **Keep backup glasses.** Always have a pair of glasses in case you can't wear your lenses.
- **Stay hydrated.** Drink plenty of water and use rewetting drops if your eyes feel dry (ask your eye doctor which ones are safe).
- **Attend regular lens checkups.** Your prescription and lens fit can change over time, even if your vision seems fine.

Your optometrist will check your eyes for early signs of dryness, irritation, or infection. They'll also make sure your lenses are still the best type for your needs.



In Summary

Contact lenses are a safe and effective way to correct vision — as long as you care for them properly. **Clean hands, fresh solution, and regular replacement** are your best defenses against infection and discomfort. If your eyes ever feel sore, red, or blurry, remove your lenses and get them checked.

With good habits and professional care, your contact lenses will give you clear, comfortable vision every day.