

Common Sense Tips for Safe Use

Wear contact lenses only if they are fitted and prescribed by an eye-care professional.

Do not purchase lenses from flea markets, beauty supply stores or costume shops.

Never swim while wearing contact lenses. There is a risk of eye infection when contact lenses come into contact with bacteria found in pool water.

Make sure lenses are properly cleaned, disinfected and stored

Wash your hands before handling your contact lenses.

Never swap or share your contact lenses with anyone else.

Never sleep while wearing contact lenses unless they are extended wear lenses specifically designed for that purpose.

Follow manufacturer's or eye-care professional's instructions to replace and discard used lenses.

Minimize risk of infection

Replacing your contact lens case every 3-6 months

Use fresh, sterile water every time you clean your lenses

Always use fresh contact solution

Remove your lenses at night, even if they are designed for extended wear – they reduce the amount of oxygen that gets to the cornea which can stress your eyes and make them more prone to infection

Symptoms of Eye Irritation or Infection – Seek Professional Care immediately

Discomfort, swelling and/or pain

Excessive tearing or other discharge

Unusual sensitivity to light

Itching, burning or gritty feeling

Unusual redness

Blurred vision

