

How to care for your lenses.

For a lifetime of healthy contact lens wear

Contact lenses are a safe form of vision correction when prescribed by an eye care practitioner and used and cared for properly. Please pay close attention to all instructions provided by your eye care practitioner. When not worn or cared for properly, you put the health of your eyes at risk.

Don't forget that contact lenses and lens care solutions are medical devices. To help keep your eyes safe, it's very important that you visit your eye care practitioner regularly. They can help ensure your eyes and your contact lenses are being cared for properly and monitor your eye health.

Be sure to use proper lens care and hygiene for a lifetime of healthy contact lens wear. Clean and safe handling of your contact lenses is important to your vision.

Following a lens wearing schedule

Different lenses are made for different vision needs, lifestyles and wearing schedules. While some lenses can potentially be worn for up to a month of continuous wear, others are meant to be taken out daily.

To help protect your eyes from serious complications, it's important you follow the wearing schedule your eye care practitioner recommends. Please consult your eye care practitioner if you have any questions about the proper wearing schedule for your lenses.

Inserting and removing your lenses

It's important that you wash with a fragrance-free soap, rinse and dry your hands thoroughly each time you handle your lenses. Don't insert a lens onto your eye if it's red, irritated or painful. In these instances, you should contact your eye care practitioner immediately before continuing contact lens use.

Caring for your lenses

Depending on the type of lenses you're wearing, there are many different options for cleaning and disinfecting them. Some lenses, such as daily disposable lenses, require little to no lens care—they're simply thrown away after each use.

However, if your eye care practitioner has prescribed lenses that you take out and reinsert onto your eye, they should be cleaned and disinfected after each use and prior to reinsertion. Proper care of your lenses can help them stay clean and comfortable for you to wear. Consult your eye care practitioner to determine what lens care solutions are best for you.

Lens replacement schedule

Different lenses are made out of different materials. Because each material performs differently, manufacturers recommend a replacement schedule for each type of lens to allow for its optimal performance. Most lenses worn today are intended to be replaced on a frequent basis. Typical replacement frequencies include one day, 2 weeks and one month. Talk to your eye care practitioner who will recommend a replacement schedule based on the lenses you're wearing and your individual needs.

Problems?

If you experience any problems with your contact lenses, please remove them and consult your eye care practitioner right away. Discomfort can be an early sign of a more serious complication, and early treatment can have a significant impact on overcoming problems.

Ongoing professional care

Proper follow-up care by your eye care practitioner is essential. Over time your eyes change, often without symptoms or warning signs, which may put you at risk for developing potentially serious complications, including vision loss. Regular ongoing professional care can help maintain eye health.

Please talk to your eye care practitioner about a recommended examination schedule, which usually ranges from every 6 months to every 12 months.

