

Caring for your lenses

Contact lenses have so many benefits which you can look forward to, however they must be treated with care to ensure you avoid any discomfort or infections. There are some simple steps to follow which will make sure your eyes stay happy and healthy, after all you only have one pair of eyes so please look after them.

Good habits

- Always wash and dry your hands thoroughly before touching your lenses.
- Stick to your wearing schedule and don't have them in for any longer than is advised by your optometrist.
- Avoid wearing them when you're showering or swimming. Water and lenses don't mix.

Good care

- Thoroughly clean your lenses every time you take them out.
- Store them in the solution you have been given.
- Replace them as frequently as your optometrist has advised.
- Clean your case with your contact lens solution and dry the inside with a paper tissue.
- Replace your contact lens case every one to three months.

Keep an eye out

- For sore, itchy or red eyes.
- If you have any discomfort, take your contact lenses out immediately.
- Then make an appointment to see us as soon as you can.

Top tips

- Always carry a small bottle of solution and a contact lens case with you.
- Have a backup, for most this is a pair of glasses, should you have to remove your contact lenses.

If you have any questions or concerns, please get in touch.