

## Your checklist for Healthy Contact Lens Wear

**DO** wash and dry your hands before touching contact lenses

**DO empty lens case completely each day** (never 'top up'); rinse your case daily with saline or multipurpose solution, leave to air-dry

**DO regularly clean your case** (once-a-week) with a few drops of multipurpose solution & a cotton bud (or lens cleaner followed by a rinse with saline), wipe clean with a tissue then air-dry uncapped & face down on a tissue

**DO aim to replace your lens case** on a 3 monthly basis



**Never use tap water** to store, rinse lenses or cases

**Never use the dishwasher or boiling water from the kettle** to clean your lens case, (unfortunately, boiling tap water does not make it safe)

**Never** shower in your lenses

**Never** swim, or use saunas/steam rooms in soft lenses

**Never** sleep in your lenses

**DO** consult your optometrist about lens wear during sporting activities

**Leave your lenses off if your eyes don't feel good, look good and see well, & consult an eye care professional without delay.**

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.