



## Caring for your Contact Lenses

At Valencia Optometry we carry the latest in contact lens technology and specialize in difficult to fit patients. When not worn or cared for properly, contact lenses can put the health of your eyes at risk. Don't forget that contact lenses are medical devices and to help keep your eyes healthy, it's very important that you check your eyes once a year.

### Always

- Dispose of your contact lenses every day / 2 weeks / 1 month / 6 months / 1 year.
- Remove your contacts before sleeping.
- Wash your hands with soap and dry them with a lint-free towel before touching your eyes or your contact lenses.
- Insert your contact lenses in your eyes prior to applying lotion, eye makeup and hairspray.
- After you insert your contact lenses, throw away the solution in the case and leave the caps open to air dry.
- Keep your eyes closed if aerosol products are used while wearing lenses.
- If your eyes become dry use lubricating drops made for contact lenses.
- Remove contacts before you go swimming or showering.
- Carry your contact lens case and solution in case you need to remove your lenses
- Rub and rinse your lenses with contact lens solution each time you remove them from your eyes.

### Never

- Do not insert a lens into your eye if your eye is red, irritated, painful, tearing, crusted or light sensitive. If this occurs call us right away because you may have an eye infection.
- Do not place a ripped contact lens in your eye. If the lens is ripped it needs to be thrown away.
- Do not allow soaps, cosmetics, or other substances to come into contact with your lenses.
- Do not touch the tip of a lens care solution bottle to any surface, including your finger or the contact lens.
- Do not wear your contact lenses around harmful or irritating vapors or fumes.

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Print Name

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Signature

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Date