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by VersantHealth®

10 Tips for Caring for Your Eyes While Wearing Contacts

Serious eye infections can lead to blindness and affect up to one out of every 500 contact lens users every year.[1] These infections, even when minor, can be painful and disruptive to everyday life. Here are some tips to help care for your eyes when wearing contacts.



Wash your hands with soap and water[2] Avoid oily cosmetics and hand sanitizers before touching your lenses. Dry your hands well every time with a clean cloth before touching your contact lenses.

Inspect your lenses. Ensure that your lenses are moist, clean and free of any rips or tears by inspecting them before you put them in your eye.

Don't sleep in your contact lenses.[2] Take your contacts out before going to bed. Sleeping in any type of contact lens increases by up to eight times the risk of getting an eye infection.

Clean and refresh.[2] Rub and rinse your lenses daily in fresh solution. Never reuse solution.

Get a new case at least every three months.[2]

Avoid water.[2] Take out your contacts before showering or going swimming.

Rx. Never purchase contact lenses without a valid prescription.

Schedule a regular eye exam with your eye care provider.[2]

Call your provider and take out your contacts if you experience any eye pain, red eyes or blurred vision.[2]

Carry a spare.[2] If you need to take out your contacts, have a pair of glasses as a backup.

1. Optometrists Network: https://tinyurl.com/4tw9hphb **2.** CDC: https://tinyurl.com/4vswvfhp

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