

# No matter why you wear contact lenses ... play it safe!

Contact lenses can change your eye colour, add zing to a costume or correct your vision. No matter why you wear them, follow these guidelines to keep your eyes healthy and comfortable.

## **Before you buy, see your eye care professional**

Eye care professionals can help you select lenses that fit the shape of your eyes, teach you how to put lenses in your eyes and remove them safely, update your lens prescription, and monitor the health of your eyes.

## **Keep them clean**

Use fresh solution every day; old solution should go down the drain. Never use water or saliva! Replace and clean your lens case frequently.

## **Do not sleep while wearing contact lenses**

Leaving contact lenses in your eyes while sleeping or napping increases your risk of developing an eye infection.

## **Throw them away when you are supposed to**

Manufacturers recommend replacing lenses on a particular schedule. They base these guidelines on how quickly lens performance deteriorates due to the build up of tear film components and other deposits.

## **Don't share used lenses with friends**

Even a thorough cleaning does not return lenses to a sterile state. Sharing contact lenses is like sharing a toothbrush!

## **Keep them away from water**

Do not swim or shower in your contact lenses. If your lenses do come into contact with water, dispose of them immediately.



**TALK TO YOUR  
EYE CARE PROFESSIONAL**  
about your options

