



# CONTACT LENS TIPS



## Your Habits

- Never sleep in contacts (unless prescribed by your eye doctor)
- Keep all water away from contacts



## Your Supplies

- Replace contacts as recommended by your eye doctor
- Replace your case at least once every 3 months
- Dump out used solution from the case and clean it with fresh solution—never water—everyday



## Your Eye Doctor

- Visit your eye doctor at least once a year
- Remove contacts immediately and call your eye doctor if you have pain or discomfort



## Be Prepared

- Carry a backup pair of glasses with a current prescription in case you have to take out your contacts.



U.S. Department of  
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