

# 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.<sup>1</sup> 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<sup>2</sup>**

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.



## **Get a new case** at least every three months.<sup>2</sup>



## **Avoid water.<sup>2</sup>** Take out your contacts before showering or going swimming.



## **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.



## **Rx.** Never purchase contact lenses without a valid prescription.



## **Don't sleep in your contact lenses.<sup>2</sup>**

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.



## **Schedule a regular eye exam** with your eye care provider.<sup>2</sup>



## **Call your provider** and take out your contacts if you experience any eye pain, red eyes or blurred vision.<sup>2</sup>



## **Clean and refresh.<sup>2</sup>** Rub and rinse your lenses daily in fresh solution. Never reuse solution.



## **Carry a spare.<sup>2</sup>** 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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