WHAT YOU NEED TO KNOW ABOUT CONTACT LENS HYGIENE

Recommendations for Contact Lens Wearers from the American Optometric Association

KEY RECOMMENDATIONS

Always wash and dry your hands before handling contact lenses.

Carefully and regularly clean contact lenses, as directed by your doctor of optometry.

Store lenses in the proper lens storage case and replace your case every three months or sooner.

Use only products recommended by your eye doctor to clean and disinfect your lenses. Use only fresh, never-used solution.

Always follow the recommended contact lens replacement schedule prescribed by your eye doctor.

Remove contact lenses before sleeping, showering or swimming.

See a doctor of optometry for your regularly scheduled contact lens and eye examination.

Visitaoa.org/contact-lensesfor more information.