



# Ythan Opticians

*Professional Eye Care*

## Do's and Don'ts of Lens Wear

### Do...

Wear your lenses as your optician recommends

Always wash, rinse and dry your hands before touching your lenses.

Use fingertips to handle the lens, avoid using fingernails or sharp objects, keep fingernails short.

Clean, rinse and disinfect your lenses after you remove them from your eye if they are to be reused.

Always remove your lenses before swimming unless you are wearing goggles.

Always remove your lenses if you are feeling unwell, for example if you have a cold or flu.

Always check with your optician before using any medication as some medications can cause irritation or blurred vision.

Put in your lenses before applying make-up.

### Don't...

Use tap water with your lenses or contact lens case.

Over wear your contact lenses.

Spray aerosols (e.g. hairspray) near your eyes when wearing your lenses.

Wear lenses for longer than the wearing schedule prescribed, even if the lenses still feel comfortable

Sleep in daily wear lenses.

Re-use daily contact lenses.

Wear your lenses under a sunbed.