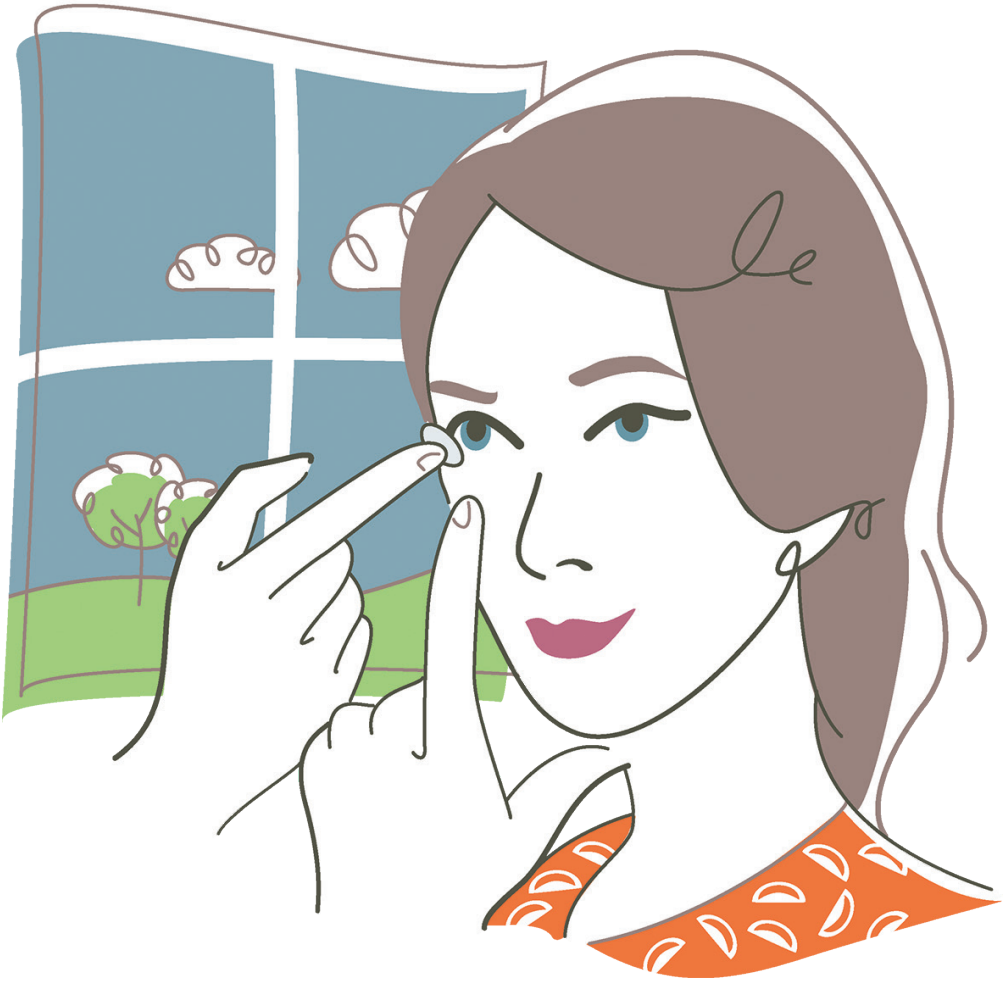
Wearing and caring for your contact lenses



Checklist

NATIONAL EYE HEALTH WEEK
MONDAY 19 – SUNDAY 25 SEPTEMBER 2016
YOUR VISION MATTERS

Wash your hands thoroughly with soap and dry them before handling your lenses

Do not use tap water, or any other water, on your lenses or lens case

Rub, rinse and store reusable lenses in the recommended solution before and after use

Always recap your solution bottle

Empty the lens case completely each day – never top up your solution

Rinse the lens case with solution, wipe clean with a tissue then air dry uncapped and face down on a tissue after each use

Replace the lens case with a new one every month

Discard daily disposable lenses after each use

Leave your lenses out if your eyes don't feel or look good and consult your practitioner without delay

Don't sleep with your lenses in unless specifically advised by your practitioner

Avoid wearing your lenses for swimming unless you wear goggles

Remember, your lenses and solution have been chosen specifically for you and your eyes – don't change your lens type, the way you wear them, or use any other solution without your practitioner's advice

If you are unsure about any of these steps please ask your practitioner

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For more eye health advice and information visit www.visionmatters.org.uk or follow @MyVisionMatters