YOU & YOUR CONTACT LENSES: GOOD HABITS, HEALTHY EYES

Follow these tips to maintain safe, healthy contact lens wear

Always wash and dry your hands thoroughly before touching your contact lenses.

Do not sleep or nap in your contact lenses unless prescribed to do so by your eye doctor.

Replace your contact lenses at the interval recommended by your eye doctor.

Clean your contact lens case daily and remember to replace your case every month.

Water contains microbes that can cause serious eye infection. Your lenses should not come into contact with water: avoid swimming and showering while wearing them.

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