

Guidelines for Healthy Contact Lens Wear

1. Always wash and dry your hands before touching your contact lenses or your eyes.
2. Carefully and regularly clean your contact lenses as directed by your doctor.
3. Use fresh contact lens solution each and every time you place your lenses in your case. Do not "top off" your solution in the case.
4. Use only the solutions recommended by your eye doctor and never reuse your solutions. Saline has no cleaning or disinfection properties and should only be used to wet lenses.
5. Never use tap water on your contact lenses or place a lens in your mouth for rewetting.
6. Rinse your contact lens case and the lids with hot soapy water and allow to air dry each day.
7. A new lens case should be used with each new bottle of solution or at most replaced every 3 months.
8. Keep your nails clipped short so that you will not rip or tear your lenses.
9. Do not swim without protective goggles while wearing contact lenses. Swimming while wearing contact lenses can cause serious ocular infections and is not recommended.
10. Do not wear your contact lenses in hot tubs or saunas.
11. Follow the daily wearing schedule that your doctor has prescribed for you.
12. Do not sleep in your contact lenses unless you have been prescribed specific lenses which allow for overnight wear.
13. If you do fall asleep in your lenses, place a few drops of solution into your eye to loosen and lubricate the lens and the eye. Once the lens is moving freely on the eye, you can remove it. Report any moderate or severe redness or pain to your provider immediately.
14. Replace your contact lenses as prescribed by your doctor as over wearing your contacts may cause inflammation and/or infection.
15. At any sign of redness and/or pain in or around your eyes, remove your contact lenses and call your doctor immediately.



Eye Associates Group, LLC - Low Vision Centers of Indiana

Richard Windsor, O.D., F.A.A.O.
Craig A. Ford, O.D., F.A.A.O.
Laura K. Windsor, O.D., F.A.A.O.

Hartford City 765-348-2020
Indianapolis 317-844-0919
Fort Wayne 260-432-0575
Albany 765-789-4404