

## **Rubbing Is Needed: Proper Cleaning of Your Soft Contact Lenses**

1. Always wash your hands before touching your contact lenses.
2. Remove your right lens and place in the palm of your left hand.
3. Squeeze a small amount of contact lens cleaning solution into the palm of your hand getting the solution over and under the contact lenses.
4. Take your left hand's index finger and rub your lens in the palm of your hand for approximately 15-20 seconds to remove any built up debris or protein from the lens.
5. Flip the contact lens over and repeat the rubbing of the lens on the opposite side for another 15-20 seconds.
6. Rinse the contact lens with solution and place in a clean contact lens case with new solutions. See instructions on cleaning your case below.
7. Repeat all of these steps on the left contact lens.
8. Allow your contact lenses to soak for a minimum of 6 hours to maximize their cleaning and to reduce your risk of developing a problem.
9. If you are using Clear Care or AO Sept solutions, you should allow enough time (usually overnight) for the solution to completely be neutralized and that no new bubbles are being formed off of the palladium disk on the bottom of the case.

## **Cleaning and Care of Your Contact Lens Case**

The cleaning of your contact lens case is extremely important to ensure your ocular health. Dirty or contaminated contact lens cases are the culprit of many contact lens related eye infections and problems. Here are some instructions for caring for your case which will help reduce your risk of any problems.

1. Empty your case of all its solution each and every day.
2. Wash your case out with warm water daily and allow your case to air dry.
3. Scald your case with boiled water once each and every week.
4. Replace your case every time you buy new solution or at maximum of every 3 months.



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