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## How to Care for Contact Lenses

The key to avoiding the irritation and infection sometimes associated with contact lens wear is proper cleaning.

Always use the disinfecting system recommended by your doctor or eye care professional.

- Always wash your hands prior to handling your contact lenses.
- Remove one lens and place it in the palm of your hand. Apply a few drops of the recommended multipurpose solution. Rub onto both sides of the lens surface to help remove deposits, debris, protein build-up, and any bacterial film. Removing surface deposits and other debris not only contributes to improved vision and comfort but also reduces the risk of infection and allergy. Soft extended-wear contacts may be the most likely to develop a protein build-up that can lead to lens-related allergies.
- After thoroughly cleaning the lens, rinse it with the same multipurpose solution.
- Homemade saline solutions have been linked to serious eye infections and should never be used.
- After cleaning and rinsing, lenses need to be disinfected. You and your ophthalmologist will pick the best system for you, but make sure you understand the instructions and follow them.
- Your empty contact lens case should be thoroughly rinsed with sterile saline solution or your multipurpose solution and allowed to air dry. All contact lens cases need to be cleaned frequently, including disposable lens cases.