

CONTACT LENS HEALTH

It's Contact Lens Health Week! Do you wear contacts? 45 million people in the U.S. wear contact lenses, but many of them are not wearing them safely. Do you practice safe contact lens habits?



What are contacts? Contacts lenses are medical devices that are placed on the surface of the eye to help those with visual problems to see more clearly.



It's extremely important to keep your contact lenses clean. Harmful infections and injury can occur if you aren't taking care of your contacts properly. For more information on healthy contact lens habits, follow the tips below:

1

Clean your contact lenses daily.



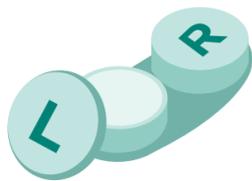
Wash your hands with soap and water.



Use a contact lens disinfecting solution to clean your contacts and your contact lens case.



Always use new solution to clean your contacts and your case.



Rinse out your contact lens case with contact lens solution. Dry it with a clean tissue or air dry it with the caps off.



If you experience any pain with your contact lenses, remove them immediately and call your eye doctor.



Replace your contact lenses as recommended by your eye doctor.

2

Never shower or swim with your contact lenses in.



If you wear contact lenses, it is extremely important to take them out when showering or going swimming. Water can get trapped under the contact lens, which can lead to a serious infection Acanthamoeba keratitis. This occurs when the parasite, Acanthamoeba, gets into the water system.

It also is important to use a sterile contact disinfectant cleanser to clean your contacts; do not use water!

3

Do not sleep with your contacts in unless specified by your eye doctor.



One of the most common risk factors with contact lens use is people sleeping in their contacts (CDC). Sleeping in your contacts prevents your eyes from breathing. This can lead to infections in the eye and concerns with the cornea of the eye.

4

Visit your eye doctor yearly or as they recommend.



It is important to maintain your eye doctor appointments when wearing contact lenses. This allows the eye doctor to check how the contact lenses are working for you, allows them to check the health of your eye, and opens up communication with them on any concerns or questions you may have.