

CONTACT LENS REMINDERS FOR DAILY DISPOSABLE PATIENTS

This reminder leaflet is intended to help you **remember** important parts of your **contact lens care**. They will contribute to the safe and successful continuation of wear.

- 1.- **Wash** and **thoroughly dry hands before**; handling contact lenses and before placement/removal
- 2.- Place contact lenses on your eyes before applying **eye make-up**
- 3.- **Return** for all **follow-up** and **after-care visits** as advised
- 4.- **Do not ignore vision or comfort symptoms** – contact your Contact Lens Practitioner
- 5.- If you have any **concerns** or **questions**- contact your Contact Lens Practitioner
- 6.- If your **eye becomes red or sore** STOP CONTACT LENS WEAR- contact your Contact Lens Practitioner
- 7.- **Discard** contact lenses **after each period of wear** – do not store lenses to wear later that day
- 8.- Keep within advised **wearing times**
- 9.- **Replace bottle tops** (eye drops etc.) immediately and keep bottles out of direct sunlight
- 10.- **Discard solution in bottles** (eye drops etc.) at recommended time after first opening
- 11.- **Avoid** contact lens contact with, **fingernails, saliva, or water** of any kind
- 12.- **Avoid showering or swimming in contact lenses** (wearing tightly fitted goggles while swimming reduces but does not eliminate the risk of microbial keratitis and permanent vision loss)
- 13.- **Avoid wearing contact lenses with any form of eye medication** unless advised otherwise

Source: Andrew D Price FBDO(Hons) CL MBCLA - CEO - [ADP-EyeCare](#) – Edition 2021.01



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