

## **Contact Lens Wearing Do's and Don'ts**

### **Do ...**

- Wash your hands before handling your lenses.
- Clean and disinfect your lenses only with the recommended solutions.
- Follow your recommended wearing schedule.
- Store and care for your lenses only in the recommended solutions.
- Remove your lenses if you have discomfort, extreme redness, blurred vision, or burning.  
Immediately call your doctor for their advice.

### **Don't!...**

- Overwear your lenses.
- Sleep in your lenses unless approved by your doctor.
- Shower or swim in your lenses unless approved by your doctor.
- Wear your lenses around aerosol sprays or noxious fumes.
- Use any products other than those that are recommended.
- Take any advice from other contact lens wearers. Please call your doctor for their professional advice.

## **FAQS:**

Common Questions about Contacts Lenses

### ***Can I wear soft contact lenses if I have astigmatism?***

Yes, you can wear a special type of soft contact lens called a toric lens, which will correct your astigmatism.

### ***Is a contact lens prescription different than a prescription?***

Yes. When you order contact lenses, you must have a current contact lens prescription that specifies the power of the lens, the size of the lens, the type and brand of lens.

### ***If my 2-week disposable lenses are still comfortable and in good condition beyond 2 weeks, can I continue to wear the same pair?***

In order to maintain optimal eye health and comfort, it is important to adhere to the wearing schedule prescribed by your doctor. The main advantage of wearing disposable lenses is that you are putting a fresh new pair of lenses in your eyes every 2 weeks. Also, the convenient cleaning regimen of a disposable lens is only adequate for a 2-week wearing schedule.

If I only wear my 2-week disposable contacts part time, do I still have to replace them every 2 weeks?

No, the 2 weeks refers to the actual amount of wearing time so they can last longer than 2 weeks if you are not wearing them full time.