



COMPLETE EYE CARE

John A. Waters, M.D. (810) 732-2272 CompleteEyeCare.com
5055 W. Bristol Road Flint, MI 48507

Contact Lens Care

Here are a few tips to help keep your eyes healthy when wearing contact lenses. Don't hesitate to call us if you have any questions!

DO

- ✓ Before handling contacts, wash and dry hands with mild soap and lint-free towel. Avoid lotions and hand sanitizers before handling lenses.
- ✓ Examine contacts before putting then in your eye. Make sure there is no damage such as tears.
- ✓ Use fresh solution to clean and store contacts.
- ✓ Clean your contact lens storage case with warm soapy water at least once a week. Rinse thoroughly and wipe dry with lint-free towel.
- ✓ Remove contacts immediately if you have discomfort, excess tearing, vision changes or redness. Call for an eye exam to prevent further problems.
- ✓ See Dr. Waters yearly for your eye exam, so we can make sure your eyes are healthy and the contacts are still fitting well.

DON'T

- ✓ Don't touch the contacts with your fingernails or tweezers as this can damage the lenses.
- ✓ Don't use contacts that are damaged.
- ✓ Don't put contacts in your mouth. Saliva is not a sterile solution.
- ✓ Don't expose your contacts to water, as this can lead to infection.
- ✓ Don't use expired prescriptions or expired solution.
- ✓ Don't wear your contacts longer than recommended.
- ✓ Don't share contacts.
- ✓ Don't wear contacts while swimming unless you use water-tight goggles, as any exposure to water can cause a serious eye infection.