

CONTACT LENSES

10 Must-Read Tips for Contact Lens Wearers

Your eyes are incredible yet delicate organs, and they must be cared for.

Read our guide to help eliminate the health risks.

Always wash your hands before handling your lenses.

1.



Keep a backup pair of specs to hand.

2.

Never over-wear your lenses – stick to 8hrs or less/day.

3.

Replace your lenses as recommended by your contact lens optician.

4.

Never sleep in daily disposable lenses.

5.



6.

Draw up a wearing schedule, and stick to it.

7.

Remove your contacts for first and last hour of each day.

8.

Always carry saline or solution. Never use tap water or saliva!

9.

Do not skip routine eye examinations.

10.

NEVER swim while wearing your contact lenses