

Contact Lens Care

Keep your eyes safe! Take time to care for your contact lenses. Here are some tips for keeping your eyes healthy and safe while you wear contacts.

What to do

- Replace your lenses as often as your doctors suggests (usually 2 to 4 weeks).
- Wash, rinse and dry your hands before touching your lenses.
- Only use the lens solutions and care products that your eye doctor suggests.
- Follow the directions that came with your lenses .
- Use contact lens cleaner to wash your lens case and dry it each time you take out the lenses. Get a new case every three months.
- Get your eye doctor's OK before using any new or different medicines.
- Tell your doctor about eye drops or lens cleaners that you use.
- Use eye makeup that is safe for contact lens users.
- Take out your lenses and call your eye doctor right away if:
 - o Your vision changes
 - o Your eyes are red
 - o Your eyes hurt or feel itchy
 - o You have a lot of tears

What not to do

- Never spit on your lenses to clean or wet them.
- Never use tap water, bottled water, or salt water made at home to rinse or store your lenses. It can cause infections.
- Never mix different cleaners or drops.
- Never let lotions, creams, or sprays touch your lenses.
- Don't use eyeliner on the inside of your lower eyelid.
- Never wear lenses when you are near water such as swimming, showering or in a hot tub.
- Never wear your lenses when you are using cleaning products.
- Never wear daily-wear lenses when you sleep—not even during a nap.
- Never wear your lenses longer than you eye doctor tells you to.

If you have a problem

Contact lenses may cause major eye problems.

- If you notice a problem, take out your lenses right away and see your eye doctor.
- Report the problems to FDA's Med Watch program.
 Call 1-800- FDA-1088 or go to <http://www.fda.gov/medwatch>.



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There are different kinds of lenses. Make sure you know which kind you have.

Contact lens quick guide		
What kind of lens is it?	How long can I wear them?	When do I clean my lenses?
Daily Disposable lenses <i>(for single use only)</i> Lenses that you wear once and throw away.	You can wear the lenses for one day only.	You should use new lenses each day. Do not clean them if they are prescribed for one day use only.
Daily wear lenses Lenses you use again and again.	You can wear them for one day. Take them out when you go to bed or even take a nap.	Clean and disinfect your lenses every time you take them out. If you have stored them in the case and not worn them longer than a week, you should clean and disinfect them again before you wear them.
Extended wear lenses Lenses you can sleep in. Your doctor will tell you how long you can wear them before you need to take them out.	FDA has only approved a few lenses for wear up to 30 days. Many others are approved for up to 7 days, depending on the lens material.	When it is time to take your lenses out, clean and disinfect them. Give your eyes a rest for at least one night. These lenses can increase your chances of getting an eye infection. See your doctor right away if: <ul style="list-style-type: none"> • Your sight changes. • Your eyes get red. • Your eyes hurt or feel itchy. • You have a lot of tears.

FDA Office of Women's Health <http://www.fda.gov/womens>

To Learn More:

FDA Center for Devices and Radiological Health
 Phone: 1-888-463-6332

Food and Drug Administration (FDA)
http://www.fda.gov/fdac/features/1998/298_len1.html