

Patient and Carer Information

Your checklist for Healthy Contact Lens Wear

DO wash and dry your hands before touching contact lenses

DO empty lens case completely each day (never 'top up'); rinse your case daily with saline or multipurpose solution, leave to air-dry

DO regularly clean your case (once-a-week) with a few drops of multipurpose solution & a cotton bud (or lens cleaner followed by a rinse with saline), wipe clean with a tissue then air-dry uncapped & face down on a tissue

DO aim to replace your lens case on a 3 monthly basis



Never use tap water to store, rinse lenses or cases

Never use the dishwasher or boiling water from the kettle to clean your lens case, (unfortunately, boiling tap water does not make it safe)

Never shower in your lenses

Never swim, or use saunas/steam rooms in soft lenses

Never sleep in your lenses

DO consult your optometrist about lens wear during sporting activities

Leave your lenses off if your eyes don't feel good, look good and see well, & consult an eye care professional without delay.

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.