

# Patient Information Leaflet

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THE ADAM PRACTICE

# *Contact Lens Advice*

For further information visit

[www.nhs.uk](http://www.nhs.uk) or [www.patient.co.uk](http://www.patient.co.uk)

## **Did you know that contact lenses can cause serious and complicated infections of the eye?**

Please follow the below advice to minimise the chance that this will happen to you:

- Visit your eye care provider for regular eye examinations.
- Wear and replace contact lenses according to the schedule prescribed by your eye care provider.
- Remove contact lenses before any activity involving contact with water, including showering, using a hot tub, or swimming.
- Wash hands with soap and water and dry before handling contact lenses.
- Clean contact lenses according to instructions from your eye care provider and the manufacturer's guidelines.





## **CLEANING**

1. Never reuse or top up old solution. Use fresh cleaning or disinfecting solution each time lenses are cleaned and stored.
2. Never use saline solution or rewetting drops to disinfect lenses. Neither solution is an effective or approved disinfectant.
3. Be sure to clean, rub, and rinse your lenses each time you remove your lenses. Rubbing and rinsing your contact lenses will aid in removing harmful microbes and residues.

## **STORAGE**

Always store reusable lenses in the proper storage case.

- Storage cases should be rubbed and rinsed with sterile contact lens solution (never use tap water), emptied, and left open to dry after each use.
- Replace storage cases at least once every three months.

*The content provided in this leaflet is for information purposes only.. Information obtained in this leaflet is subject to personal interpretation and can become obsolete, thus accuracy cannot be guaranteed. Please consult your own healthcare provider regarding any medical issues. Last updated May 2017*