

# 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 doctor 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?
<p><b>Daily Disposable lenses</b>  <i>(for single use only)</i>            Lenses that you wear once and throw away.</p>	<p>You can wear the lenses for one day only.</p>	<p>You should use new lenses each day. Do not clean them if they are prescribed for one day use only.</p>
<p><b>Daily wear lenses</b>            Lenses you use again and again.</p>	<p>You can wear them for one day. Take them out when you go to bed or even take a nap.</p>	<p>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.</p>
<p><b>Extended wear lenses</b>            Lenses you can sleep in. Your doctor will tell you how long you can wear them before you need to take them out.</p>	<p>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.</p>	<p>When it is time to take your lenses out, clean and disinfect them. Give your eyes a rest for at least one night.</p> <p>These lenses can increase your chances of getting an eye infection.</p> <p>See your doctor right away if:</p> <ul style="list-style-type: none"> <li>• Your sight changes.</li> <li>• Your eyes get red.</li> <li>• Your eyes hurt or feel itchy.</li> <li>• You have a lot of tears.</li> </ul>

**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](http://www.fda.gov/fdac/features/1998/298_len1.html)