

# THE FIVE THINGS YOU NEED TO KNOW About Proper Contact Lens Care



## Perception vs. Reality

### Are You Really Being Safe?

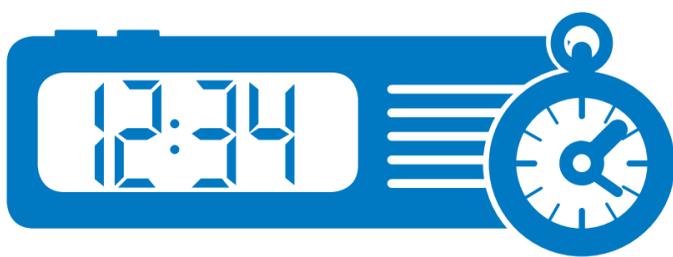
More than 80% of people who wear contact lenses think they are caring for them properly. However, a new study published in the journal *Optometry and Vision Science* shows that just 2% of lens wearers are actually complying with the recommended contact lens care regimen.<sup>1</sup>

Following these five simple steps can help reduce the risk of a potentially serious eye infection.

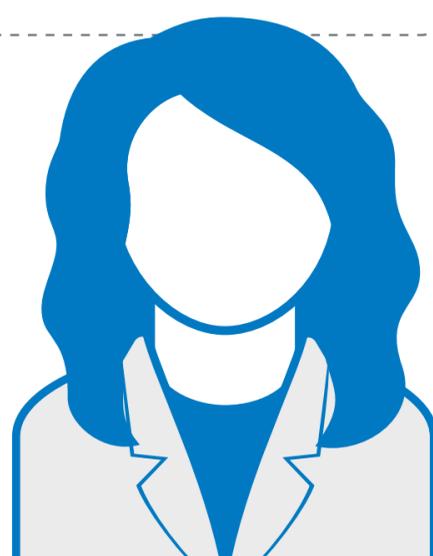
Reference: 1. Most Contact Lens Wearers Don't Follow Safety Steps. WebMD. Available at: <http://www.webmd.com/eye-health/news/20111209/most-contact-lens-users-do-not-follow-safety-steps>. Accessed May 20, 2013.

1

### Follow the proper contact lens wearing schedule



Always follow the contact lens wearing schedule recommended by your eye care professional to protect you from potentially serious complications.



2

### Properly inserting and removing your contact lenses



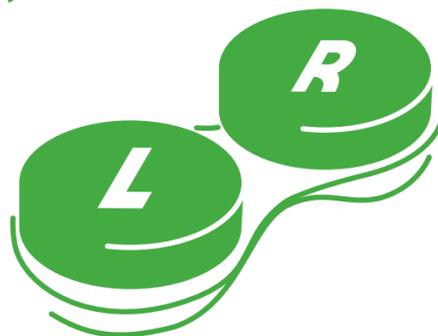
Before handling your contact lenses, it is important to wash your hands. Never insert your contact lens if your eye is red, irritated or in pain. Clean, rinse and disinfect your contact lenses after each removal.

**DO NOT**

**Do not use saliva, tap water for lubricating, rewetting and/or cleaning your contact lenses or lens case.**

3

### Care for your contact lenses appropriately



Contact lens care & disinfecting solutions are designed for different purposes. Be sure to use the proper contact solution and cleaning methods for your contact lens type. Don't forget to clean your contact lens case after each use

4

### Follow a proper contact lens replacement schedule.

Always follow the contact lens replacement schedule prescribed by your eye care professional and dispose of your contact lenses as directed. Typical replacement frequencies include daily and monthly intervals.



5

### Get regular eye exams

Many eye conditions and diseases have no noticeable symptoms or warning signs, increasing the importance of early detection.

