

# Your Checklist for Healthy Contact Lens Wear

Follow these simple steps to help you get the best from your contact lenses and wear them as comfortably and safely as possible



- 1 Wash your hands thoroughly with soap and dry them before handling your lenses
- 2 Do not use tap water, or any other water, on your lenses or lens case
- 3 Rub, rinse and store reusable lenses in the recommended solution before and after each use
- 4 Always recap your solution bottle after use
- 5 Empty the lens case completely each day – never top up your solution
- 6 Rinse the lens case with solution, wipe clean with a tissue then air dry uncapped and face down on a tissue after each use
- 7 Replace the lens case with a new one every month
- 8 If you wear daily disposable lenses discard them after each use
- 9 Leave your lenses off if your eyes don't feel good, look good and see well, and consult your practitioner without delay
- 10 Don't sleep with your lenses on unless specifically advised by your practitioner
- 11 Avoid wearing your lenses for swimming unless using goggles (or wear single-use lenses and discard them after swimming)
- 12 Remember, your lenses and solution have been chosen specifically for you and your eyes – don't change your lens type or the way you wear your lenses, or use any solution or eye drop without your practitioner's advice

*If you are unsure about any of these steps please ask your practitioner*

Your contact lenses must be replaced:  Daily  Every 2 weeks  Monthly  Other

Your recommended solution is: \_\_\_\_\_

Your next contact lens check is: \_\_\_\_\_

**Remember to have regular checkups to make sure your current lenses are the best for you and your eyes**

**Your practitioner will check your vision and eye health and remind you about lens care**

**BCLA**  
British Contact Lens Association  
[www.bcla.org.uk](http://www.bcla.org.uk)

Your practitioner is: