



Eye Associates of Richboro

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Contact Lens Care

Do...

- * Try to keep them in for 2 hours today
- * Add two hours each day until you can wear them all day
- * Come back in one week wearing your contacts
- * Clean your contacts every time you wear them
- * Store your contacts in their case when you are not wearing them
- * Put new solution in your case every time you wear your contacts
- * Stop wearing your contacts if they are bothering you
- * Call us if you rip or lose a lens before your one- week checkup

Don't...

- * Wear your contacts if they are bothering you
 - * Wear them in the shower
 - * Wear them when you swim
 - * Wear them when you sleep *
 - * Wear them inside out
 - * Rub your eyes
- * Do not sleep in your contact lenses, unless you wear a contact lens approved for overnight wear and have been advised to do so by your Optometrist.***