



# Dog Gone Good Lens Care Tips!



## 1 WASH YOUR HANDS

Always, always, always wash and dry your hands before handling contacts. Read that again!

## 2 REPLACE YOUR CONTACTS ON TIME

Follow your prescribed contact lens replacement schedule. Most contact lens wearers are prescribed either 14-day or 30-day contacts. You need to know your contact lens prescription and replace them on schedule. It is not OK to stretch this schedule. Ask your eye care professional for your lens schedule and follow it!

## 3 REPLACE YOUR LENS CASE EVERY 30 DAYS

It is very important to replace your contact lens case every 30 days. Cases are hotbeds for bacteria and fungi. Even if you properly follow cleaning and rinsing instructions, bacteria will still find a way to grow. The best defense is to replace your case every 30 days.



## 4 NO WATER!

Never wash your lens case, clean your contacts or store your contacts in water—tap, distilled, bottled, purified, from a lake, ocean, river and so on. Water is dangerous to your eyes if you wear contacts.



## 5 DON'T USE OLD SOLUTION

Never use your multi-purpose solution past its expiration date. Use only fresh solution to disinfect your contacts. Do not use solution from the night before.



## 6 NEVER ADD SOLUTION TO OLD SOLUTION

This is called topping off.

## 7 DO NOT SWIM, TAKE A SHOWER OR A BATH IN YOUR CONTACTS

Remember! Water is dangerous for your eyes if you wear contacts.

## 8 CLEAN YOUR CONTACTS AFTER EACH USE

Clean, rinse and disinfect your contacts after each use. Use only products recommended by your eye care professional to clean and disinfect your contacts.



## 9 SEE YOUR EYE CARE PROFESSIONAL FOR YOUR REGULARLY SCHEDULED CONTACT LENS AND EYE EXAM.

## 10 Always ask your eye care professional what he or she recommends for proper contact lens care.