

## Contact Lens Do's and Don'ts

### Do:

1. Follow Dr. Smilen's instructions and call the office if you have any questions.
2. Keep your follow up appointments.
3. Follow the wearing schedule as prescribed by Dr. Smilen.
4. Always wash hands before handling lenses.
5. Clean lenses after each wear, or throw out one day disposables after wear.
6. Throw out lenses that have dropped on the floor.
7. Use fresh solution in the case every night. ***Do not top off liquid from the night before.***
8. Avoid contact with sprays or aerosols.

### Don't:

1. Wear a cracked or chipped lens.
2. Exceed your wearing schedule.
3. Use a different cleaning product unless OK'd by Dr. Smilen.
4. Touch solution bottles to lenses or case.
5. Wear a lens that has dried or become brittle.
6. Put lenses in your mouth to wet them.
7. ***Clean lenses with tap water.***
8. Swim with lenses unless Ok'd by Dr. Smilen.
9. Wear lenses if you are sick.
10. Sleep with your lenses unless approved by Dr. Smilen.

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