

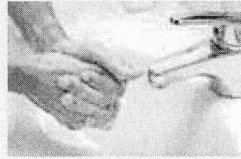
# Healthy Gas Permeable Contact Lens Habits


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**Congratulations on your new GP contact lenses!**

**To ensure continued success with your GP lenses, review these healthy lens habits.**

1. Wash your hands thoroughly with soap, rinse and dry them before handling your lenses.<sup>1,2</sup>



2.  Do not use tap water to clean or handle your lenses or to clean the case.<sup>3-7</sup>

3. Your solution has been chosen specifically for your type of lens. Do not change without discussing this with your eye doctor.<sup>8-11</sup>  
In addition, contact lens solutions should not be used after the expiration date.<sup>12</sup>


Your chosen solution is \_\_\_\_\_.

4. To maintain comfortable lens wear, rub your lenses with the prescribed solution to remove protein, oil and make-up.<sup>13-17</sup>

5. Store brand solutions are often old formulations of solutions and may not be compatible with your type of lens.<sup>18-21</sup>

6. Always recap your solution bottle.<sup>1,22</sup>



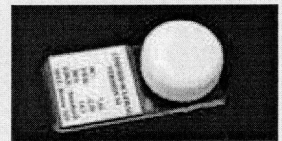
7.  Do you want to nap or sleep with your lenses? Ask your doctor if your lenses are designed for that.<sup>23,24</sup> Sleeping in your contact lenses, if not prescribed for overnight wear, increases your risk for eye infection.<sup>25-29</sup>

8. You should store your spare pair dry in the case until needed. Then clean the lens(es) and store in disinfecting solution overnight prior to application.<sup>30</sup>

9. Before using any type of eye drop (medication or artificial tear), ask your doctor if the lenses need to be removed.<sup>31-33</sup>



10. Clean the case with your prescribed solution and let air dry completely, uncapped and upside down, on a paper towel. It is recommended to replace your case at least every 3 months.<sup>2,34-38</sup>



11. Empty completely the solution in the lens case every day. Never add more solution if there is solution already there.<sup>16,35,39,40</sup>



12. Healthy lens wear should not induce redness, discomfort, or visual disturbance. If you have any concerns remove your lenses and consult your eye care professional.<sup>41,42</sup>

13. Your eye doctor has selected a wearing and replacement schedule for you. These are important to be followed.<sup>43-45</sup>

Your next contact lens checkup is:

\_\_\_\_\_

Your contact lenses must be replaced every:

☐ 3 months ☐ 9 months ☐ 1 year ☐ as needed

Association of Optometric Contact Lens Educators  
[www.aocle.org](http://www.aocle.org)

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