

# eye *Facts and Fancies*

## Tips For Contact Lens Wearers

(NAPSA)—If you're one of the 35 million Americans who wear contact lenses, it's important to take proper care of them, especially in the face of seasonal and environmental dryness factors.

In fact, discomfort, which can be caused by dryness, is the primary reason that 2.2 million people each year stop wearing their contacts.

To keep your eyes comfortable year-round, here are some tips to handle, store and care for your contact lenses:

- Clean and disinfect your contact lenses every day.
- Wash your hands—preferably with perfume-free soap—before handling your contacts.
- Don't use saliva, distilled water, tap water or non-sterile homemade saline to clean your contact lenses.
- All disinfecting solutions are not equal. When it comes to protecting contacts from drying out, choose a multi-purpose solution like Complete Moistureplus, the only solution with tear-like moisturizers to add to and extend wear-time comfort.
- Do not sleep with your contact lenses in unless directed by your doctor. Wearing contact lenses overnight—even for a short period—carries a greater health risk than nightly removal.
- Do not wear your lenses longer than prescribed. If you can't have them replaced on time, wear glasses until you can.
- Clean your contact lens case



**A moisturizing multi-purpose solution can make contact wear more comfortable.**

at least once a week and let it air dry.

- Do not let the tip of your solution bottle touch any surface, including your contact lenses, to keep it from becoming contaminated.

- Use water-based cosmetics while you're wearing contact lenses.

- Put your contact lenses in before applying eye makeup, and take them out before removing it.

- Have a complete eye examination every 12 months, including tests for glaucoma, cataracts and macular degeneration. Seniors, diabetics and people who have been advised to by their optometrists should have examinations more frequently.

Complete Moistureplus multi-purpose contact lens solution is available in the eye care section of your grocery or drug store.