

# Tips for Good Contact Lens Care

(NAPSA)—Most contact lens wearers enjoy the freedom that lenses provide: no glasses slipping down your face when exercising, no spots to clean, and no loose screws to tighten. However, wearing contact lenses doesn't come without responsibility.

Cleaning and disinfecting procedures are required to maintain proper contact lens care and ultimately healthy eyes. Poor hygiene, dirty lenses, and over wear can contaminate contact lenses and lead to complications, such as eye infections, which if left untreated, can lead to severe vision loss.

Kathryn Colby, MD, PhD, director of the Joint Clinical Research Center at Massachusetts Eye and Ear Infirmary, offers contact lens wearers the following tips to ensure clean and healthy eyes:

## **Wash Your Hands**

Proper care begins before touching your contact lenses. Always wash your hands thoroughly with a mild soap prior to handling your lenses. Be sure to dry your hands with a lint-free towel to avoid getting any lint on the contact lenses.

## **Choose the Right Solution**

There are subtle differences in contact lens solutions that may have a big effect on your ability to comfortably wear contact lenses.

"I was surprised to find that not all solutions are created equal," says Dr. Colby. "It's important to not only find a solution that is compatible with the type of contact lens you wear, but also one that keeps lenses comfortable all day long. I recommend using Opti-Free Express Solution."

Alcon's Opti-Free Express Multi-Purpose Disinfecting Solution provides long-lasting comfort due to its exclusive combination of key ingre-



## **Dirty lenses can contaminate contact lenses and lead to complications such as eye infections.**

dients that work together to attract and hold moisture to contact lenses, in addition to cleaning and disinfecting without rubbing. Always keep sufficient supplies on hand.

## **Don't Over Wear Your Contacts**

The recommended wear time is typically determined by your eye care professional, and varies from person to person. Always remove your contact lenses if your eyes are excessively dry, red or irritated.

## **Be Careful When Applying Makeup**

It is okay to wear makeup with contact lenses, however, be sure to apply makeup after inserting contact lenses. Use "water-soluble" makeup only. Certain cosmetics can be a significant source of irritation. Consult your eye care professional for other tips.

## **Visit Your Eye Care Professional**

Contact lenses are medical devices that need to be properly fitted by an eye care practitioner. In order to maintain optimum visual performance and eye health, be sure to schedule regular visits with your eye care professional.

For more information and special offers, visit [www.optifree.com](http://www.optifree.com).