

# ADULT HEALTH BULLETIN



**AUGUST 2016**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: WEARING CONTACT LENSES



**I**f you have to wear corrective lenses for vision, you may have chosen to wear contacts. Contact lenses can be a great alternative to wearing glasses. However, when wearing contact lenses, you will want to make sure that you are safely handling them on a day-to-day basis, taking care of them and making sure that you visit the eye doctor on a regular basis.

### Healthy habits for contact lens wearers

Here are some healthy habits for contact lens wearers:

- **Wash hands.** Before you ever touch your contact lenses you should wash your hands with soap and water and dry your hands with a clean cloth.

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# Make sure to have a backup pair of glasses just in case there is a reason you need to take out your contact lenses.

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- **Water and contact lenses do not mix!** Remove your contact lenses before you:
  - Shower or bath
  - Go swimming
  - Use a hot tub
- **Remove contacts before you go to sleep.** There are some contact lenses that you can sleep in, but if you are not sure about your lenses, talk to your eye doctor.

## Taking care of your lenses

Part of taking care of your contact lenses is to make sure that the supplies you use to clean them are taken care of properly.

- **Clean your contact lenses.** Only use the contact lens disinfecting solution to rub and rinse your contacts. You should clean your lenses each time you remove them. Do not use water or saliva to clean your contact lenses.
- **Replace lenses as recommended.** Your doctor will tell you when you should replace your contact lenses.
- **Clean your contact lens case.** Contact cases should be cleaned with the contact lens solution, not water. Once you have put in the solution and rubbed the case clean, empty any remaining solution and wipe with a clean tissue. Store the case upside down with the caps off. You should do this after use of the case. Also, you should replace your contact lens case every three months.
- **Use the solution recommended by the eye doctor.** Talk to your doctor about contact lens

*Before you ever touch your contact lenses you should wash your hands with soap and water and dry your hands with a clean cloth.*

solution and why it is so important to help keep your eyes clean and healthy while using contact lenses.

## Talk to your eye doctor

Your eye doctor is an important part of making sure that you have healthy eyes.

- **Yearly visits with your eye doctor.** At the minimum you should visit the eye doctor on a yearly basis. Your eye doctor may want to visit with you more often than yearly.
- **Ask Questions.** You should ask your eye doctor if you have any questions about how to take care for your eyes or your contact lenses. It is also important to talk to your eye doctor if you are having trouble with your contact lenses.

Make sure to have a backup pair of glasses just in case there is a reason you need to take out your contact lenses.

Contact lenses can be a great alternative to wearing glasses. If you choose to wear them, make sure to do so safely so that you can have healthy eyes.

## REFERENCE:

<http://www.cdc.gov/contactlenses/pdf/contact-lens-infographic-508.pdf>



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