1. Wash your hands thoroughly with soap, rinse and dry them before handling your lenses.\(^1,2\)

2. Do not use tap water to clean or handle your lenses or to clean the case.\(^3-7\)

3. Your solution has been chosen specifically for your type of lens. Do not change without discussing this with your eye doctor.\(^8-11\)
   In addition, contact lens solutions should not be used after the expiration date.\(^12\)
   Your chosen solution is ________________.

4. To maintain comfortable lens wear, rub your lenses with the prescribed solution to remove protein, oil and make-up.\(^13, 14\)

5. Store brand solutions are often old formulations of solutions and may not be compatible with your type of lens.\(^15-18\)

6. Always recap your solution bottle.\(^1, 19\)

7. Do you want to nap or sleep with your lenses? Ask your doctor if your lenses are designed for that.\(^20, 21\)
   Sleeping in your contact lenses, if not prescribed for overnight wear, increases your risk for eye infection.\(^22-26\)

8. Never share your contact lenses with anyone.\(^27-29\)

9. Before using any type of eye drop (medication or artificial tear), ask your doctor if the lenses need to be removed.\(^30-32\)

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.\(^2, 33-36\)

11. Empty completely the solution in the lens case every day. Never add more solution if there is solution already there.\(^13, 34, 37\)

12. Healthy lens wear should not induce redness, discomfort or visual disturbance. If you have any concerns, consult your eye care professional.

13. Your eye doctor has selected a wearing and replacement schedule for you. These are important to be followed.\(^38, 39\)

Your next contact lens checkup is: ________________________________

Your contact lenses must be replaced every:

☐ day  ☐ 2 weeks  ☐ month