

## **Why is contact lens care important?**

Like all synthetic materials, contact lenses are subject to a buildup of micro-organisms and deposits. If not removed, these deposits and absorbed materials can build up on the lens surface which over time may result in the reduction of comfort and vision as well as an increased risk of contamination. This is why lenses need to be cared for on a regular basis using various types of solutions, which are not only compatible with the lens materials but also with the eye itself.

## **Why can't water be used for rinsing contact lenses?**

Tap water contains chlorine, minerals and metal particles, which can damage both the lenses and the eye. Among other things, water contains organisms, which can lead to serious infections of the eye through microbial contamination. Home made saline, purified or distilled water does not disinfect contact lenses and should not be used for rinsing the lenses.

## **The Four Important Things to Know about Lens Care**

### **1. Cleaning and Disinfection**

Cleaning and disinfecting are important to kill micro-organisms responsible for eye infections.

### **2. Storage**

Contact lenses must be stored in solutions approved for contact lens storage.

### **3. Re-wetting**

Use drops approved for re-wetting contact lenses as needed to alleviate symptoms of lens dryness. This is not an actual lens care step, but can be used for extra comfort.

### **4. The Lens Case**

Data indicate that lens cases are a significant source of microbial contamination. Proper lens case cleaning and frequently replacing your case are essential for minimizing the risk of contact lens-related eye infections. Always follow the directions on the packaging insert for detailed instructions on cleaning your lens case.