



Dr. Gogate's Eye Clinic

Cleanliness is essential.

- First wash your hands and dry them with clean, lint free towel
- Contact-lens cases must be cleaned every day.
- They should be discarded and replaced periodically.
- Once a week contact lens case should be washed with hot water and allowed to air dry afterward.
- In general, lens care involves cleaning of the lenses upon removal, rinsing the lenses, and storing them in a disinfecting solution as recommended.
- The lenses should be worn and discarded as directed.
- Do not wear lenses while having shower or while swimming.
- Wear make up after wearing contact lenses and remove make up after removing contact lenses. Use water based products.
- Do not sleep while wearing lenses .
- Most complications may be eliminated by meticulous wear and care by the wearer and getting follow-up examinations by the fitter.

When to Seek Medical Care If you experience

- Redness,
- Blurred vision,
- Pain,
- Light sensitivity
- If your eye care practitioner is not available, you should go to a hospital's emergency room.