



10 Daily Tips for New Contact Lens Wearers

1. Always wash your hands before handling your lenses.
2. Check your lenses to ensure they are not torn, scratched or otherwise damaged before you put them in.
3. Start with the same eye every time you put your lenses in or take them out.
4. Use a lens case that is clearly marked "R" and "L" so you don't mix them up.
5. Always use the appropriate contact lens solution to clean, disinfect, and store your lenses. Never use water.
6. Remember to clean and disinfect your lenses with solution before you put them in, every time. Carefully follow the directions for use for your contact lens solution.
7. Not all contact lenses are approved for extended or overnight wear. Please consult your eye care professional to clarify the wearing schedule they've prescribed for you.
8. Never wear your lenses for longer than your eye care professional recommends.
9. Don't ignore discomfort. Remove your lenses, check for scratches or tears, and clean and disinfect them before reinserting. If something still doesn't feel right, talk to your eye care professional.
10. Keep your glasses with you. You never know when you will want to give your eyes a break from your contact lenses.

You can find more information on how to insert and remove your lenses, how to care for them, and what to expect as a contact lens wearer at [coopervision.com/new-wearer](https://www.coopervision.com/new-wearer).

