



Hints for Wearing Contact Lenses in all Age Groups

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Better to replace contact lenses, although you did not wear them daily or used for once or contact lens looks fresh or forgot to clean lenses or forgot to take out contact lenses while sleeping as they are daily disposable lenses, as these all increases chances of infections in the eyes.

Always wash your hands before wearing contact lenses or taking out. After washing hands dry them completely as moisture in hand can make damage contact lenses or bacteria in moisture can risk infections in the eyes. Also do not apply makeup with any cosmetics over face before doing wearing contact lenses.

Always start to wear contact lenses with same eye or right eye first then left eye so that lenses do not mix up. After taking out from pack, use tip of index finger for lens and middle finger to draw lower lid of same hand and use other hand to pull upper lid. Keep lens directly over cornea, leave both hands and blink few minutes until lens sits over cornea in proper position.

For removing lenses, first wash your hands and dry them up properly. Pull your lower lid and look upwards then with index finger move contact lens to white of eye ball. Once lens in white of eye with help of index and thumb pinch lens take it out. Always start for removing contact lens from one eye then another eye.

Always use recommended multipurpose cleaning solutions, although many says not to rub and clean lenses with solutions, researches recommend for rub and clean. Before placing them in lens cases, clean with disinfectant solution and dry up lens cases. Never to use tap water or saliva or drinking water which may have bacteria.

After wearing lenses if you feel discomfort or irritation or redness or pain, remove them immediately and consult your consultant ophthalmologist for further guidance.

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