

## **Do...**

- \* Try to keep them in for 2 hours today
- \* Add two hours each day until you can wear them all day
- \* Come back in one week wearing your contacts
- \* Clean your contacts every time you wear them
- \* Store your contacts in their case when you are not wearing them
- \* Put new solution in your case every time you wear your contacts
- \* Stop wearing your contacts if they are bothering you
- \* Call us if you rip or lose a lens before your one- week checkup

## **Don't...**

- \* Wear your contacts if they are bothering you
- \* Wear them in the shower
- \* Wear them when you swim
- \* Wear them when you sleep \*
- \* Wear them inside out
- \* Rub your eyes

*\* Do not sleep in your contact lenses, unless you wear a contact lens approved for overnight wear and have been advised to do so by your Optometrist.*