

Contact Lens Care INFORMATION

The DO's & DON'Ts of Contact Lens Wear

Our Comprehensive Guide for Better Lens Success



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Dr. Steven St. Marie Dr. David DiMarco

- Always wash your hands with soap & warm water for 20-30 seconds and dry with a lint-free cloth before handling contact lenses. Anti-bacterial soap is best.
- Don't wear your contact lenses overnight, unless given specific approval by Dr. St. Marie or Dr. DiMarco to do so.
- Don't continue wearing your contact lenses beyond the replacement schedule recommended by your doctor. Problems can arise even if your aging contacts let you see & feel well.
- Don't wear your contact lenses while showering or swimming underwater. This risks a sight-threatening infection by a germ called Acanthamoeba. Treatment for this painful infection may require corneal transplantation. Use water-tight goggles if going underwater with contact lenses.
- Don't wear your contact lenses hot-tubbing. This risks a sight-threatening infection by a germ called Pseudomonas. This germ can cause an ulcer to your cornea within 24 hours.
- In the event of a possible eye infection, remove your contact lenses, (put on your back-up glasses) and promptly contact the office for urgent-care arrangements. Symptoms of an eye infection may include a reddish or pinkish coloration of the eye, an irritating dry or gritty sensation, pain, blur, pussy or crusty discharge, foreign body sensation, and morning eye lid stickiness.
- Minimize or refrain from your contact lens wear when you are sick.
- Minimize or refrain from contact lens wear during active allergy flare-ups.



- Always maintain a pair of back-up glasses—updated enough for legal driving.
- If your contact lenses feel uncomfortably dry, either take them out and put on your back-up glasses, or instill contact lens re-wetting drops. Do not use saliva to moisten your contacts.
- Bring your back-up glasses and an extra set of contact lenses with you when traveling or camping.
- Bring your contact lens case and solutions with you when spending the night away from home.
- Wear 100% UV-protective sunglasses with your contacts outdoors. We recommend polarized sunglasses.
- Don't substitute your contact lens care solution with another brand without first consulting with Dr. St. Marie or Dr. DiMarco.
- Regardless of which cleaning/disinfection solution is used, clean your lenses with a rub & rinse method rather than a no rub method.
- Only fresh solution should be used to clean and store contact lenses. Do not re-use old solution. Change your lens solution every day, even if the lenses are not used daily.
- Don't immerse or rinse your contact lenses in homemade saline solution (given the risk for Acanthamoeba eye infection).
- Don't wear your contact lenses if they are uncomfortable or appear ripped or damaged.
- Let your contact lens case air-dry every morning & replace the case every 1-3 months.
- Don't wear your contact lenses around irritating vapors, fumes or smoke.
- Wear protective eyewear over your contact lenses when appropriate.
- Don't let anyone else wear your contact lenses.
- Have your eyes examined annually.

New patients are always welcome ~
Including those with urgent care needs.



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