

Keeping track of your contact lens wear:

Here's a chart to keep track of how long you have worn your lenses for each day. You can also write down how comfortable the lenses were, and whether you had any problems with putting the lenses in or out. If you wish, you can use the stickers to show how your day went.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Contact lenses have so many benefits which you can look forward to, however they must be treated with care to ensure you avoid any discomfort or infections. There are some simple steps to follow which will make sure your eyes stay happy and healthy, after all you only have one pair of eyes so please look after them!

Good habits

- Always wash and dry your hands thoroughly before touching your lenses.
- Stick to your wearing schedule and don't have them in for any longer than is advised by your optometrist.
- Avoid wearing them when you're showering or swimming. Water and lenses don't mix.

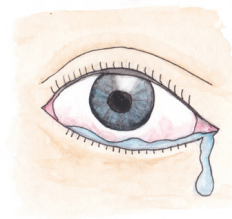


Good care

- Thoroughly clean your lenses every time you take them out.
- Store them in the special solution you have been given.
- Replace them as frequently as your optometrist has advised.

Keep an eye out

- For sore, itchy or red eyes.
- If you have any discomfort, take your contact lenses out immediately.
- Then make an appointment to see us as soon as you can.



Top tips



- Always carry a small bottle of solution and a contact lens case with you.
- Have a backup, for most this is a pair of glasses, should you have to remove your contact lenses.