



**Metrotown 4<sup>th</sup>** Floor Office Galleria  
474-4800 Kingsway Burnaby B.C., V5H4N2  
**Phone:** 6044334280 | **Fax:** 6044283352  
www.realeyesoptometry.com  
shaun@realeyesoptometry.com

Some **Do's** and **Don'ts** when it comes to contact lenses:

**Do:**

- Keep scheduled follow-up appointments with your Optometrist.
- Wear your contact lenses for at least 4 hours on the day of your follow-up appointment, unless they are causing discomfort.
- Remove your contact lenses at least one hour before bedtime to ensure proper oxygen nourishment gets to the cornea.
- Give your eyes a break from contacts at least one full day a week to ensure proper oxygen nourishment gets to the cornea.
- ALWAYS wash your hands before handling your contact lenses.
- See your Optometrist right away if your eyes/contact lenses are uncomfortable, irritated, painful, or if your vision is blurry.

**Don't:**

- Continue the use of contact lenses if your eyes become irritated, red, painful, or if your vision gets worse while wearing them.
- Remove the lenses, thoroughly clean them, and allow your eyes to adjust back to normal. If this problem continues, contact our office.
- Exceed the recommended wearing schedule, even if the lenses feel comfortable in your eyes.
- Wear your contact lenses longer than 12 hours a day, unless told otherwise by your Optometrist.
- Use saliva/tap-water when handling the contact lenses. Saliva/tap-water contain bacteria which can penetrate and destroy your cornea within hours!