My contact lens routine has gotten sloppy. Since I've never had a problem, can I stick with what I'm doing?

August 7, 2018 By Lucinda K. Porter RN

Not sure what you mean by "sloppy," but since you are questioning what you are doing, this is a great time to review the basics of contact lens safety. Begin with the instructions that accompany your type of contact lens. If you wear daily disposable contacts, change them every day. If you use extended wear contacts, dispose of them as directed. Don't sleep with your contacts in unless they are extended wear contacts that are approved for overnight use.

Always wash your hands before handling lenses. Use only fresh contact lens solution in your case. Don't top off the old solution with fresh solution as this can lower its germ-killing potential.

For more tips on healthy contact lens wear and care, visit the Centers for Disease Control and Prevention's website.

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http://beta.docker.realhealthmag.com/article/contact-lens-routine-gotten-sloppy-since-never-problem-can-stick