See What We Mean?

Good habits can save contact lens wearers lots of grief.

March 7, 2016 By Kate Ferguson

In the United States, almost 30 million people use contact lenses. But many don't think of the corrective eyewear as medical devices. As a result, people may place themselves at risk of nasty bacterial or fungal infections, or severe eye damage.

That's why doctors stress these eyecare basics: Always wash your hands before touching your lenses; don't sleep, shower, soak or swim in them; use the proper supplies and follow directions for using them to the letter; don't skip check-ups with your eye doctor; and remove your lenses immediately if you feel pain or discomfort of any kind.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/see-mean