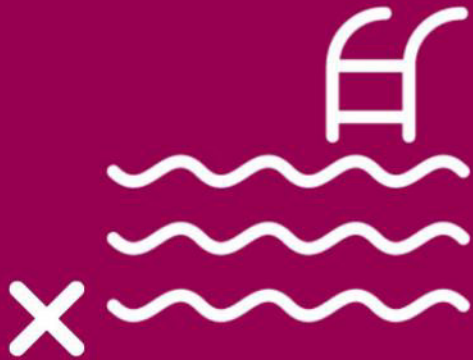


Never swim in your contact lenses



Never shower in your contact lenses



Never sleep in your contact lenses



Always have regular eye tests



Always wash and dry your hands before touching contact lenses



Always use fresh solution in the storage case, never use tap water



Moorfields Eye Hospital **NHS**
NHS Foundation Trust

Living with contact lenses