

Contact Lens Care Doctor Discussion Guide

Often, conversations with eye care professionals focus on eye exams and contact lens prescriptions – not how to care for contact lenses properly. It's an easy topic to overlook because so many contact lens wearers assume they are doing it right. In fact, most contact lens wearers have bad habits like reusing their contact solution instead of pouring it out after each use.

Whether you currently wear contacts lenses or are thinking about wearing them in the future, there are important questions you should discuss with your eye care professional at your next appointment.

Questions To Ask Your Doctor

What type of lens care solution is right for me?

Is it okay to change solution brands?

How can I ensure I am properly cleaning and disinfecting my contact lenses and lens case?

How can I clean my lens case? How often should I replace it?
