

# A BATHROOM CLOSE-UP

38 MILLION PEOPLE IN THE U.S. WEAR CONTACT LENSES<sup>1</sup>. More than 80 percent of them believe they follow good lens care practices while only 2 PERCENT ACTUALLY DO<sup>2</sup>.

## WATER & LENSES DON'T MIX

Whether tap or distilled, water contains microorganisms that can cause infections. **Do not rinse your lenses or clean your case with water.**



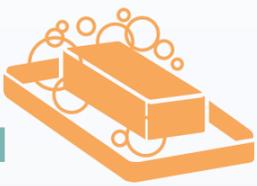
## IF YOU SEE RED, TAKE A SECOND LOOK



**Only about 4% of allergy sufferers have eye allergies as their primary allergy<sup>3</sup>.** If you see red eyes when you look into the mirror, remove your lenses and consult your eye care professional.

## WATCH WHEN YOU WASH

Some viruses and bacteria can live up to 2 hours or more on surfaces such as bathroom sinks<sup>4</sup>. **Always wash and dry hands before handling lenses for a successful lens wearing experience.**



## EYE ON THE SOLUTION

Many people might change their brand of floss or mouthwash without a second thought, but make sure to speak to your eye care professional before changing contact lens solutions. Not all solutions are the same.



## – GET READY FOR YOUR CLOSE-UP –

Remember to discard your mascara after three months of use<sup>5</sup>. In addition, always apply makeup after inserting your contact lenses and remove your lenses before removing makeup<sup>6</sup>.



## EMPTY, RINSE & REPEAT

Clean, rinse, and air dry your lens case each time lenses are removed.



## USE FRESH NEW SOLUTION EVERY TIME

About 90 percent of contact lens wearers do not understand the importance of disposing used contact lens solution before adding fresh solution<sup>2</sup>.



## – KEEP TALKING! –

Visit your eye care professional once a year and talk about lens care.



## REFERENCES

1. Alcon data on file, 2013.
2. Robertson, DM, Cavanaugh HD. Non-compliance with contact lens wear and care practices: a comparative analysis. *Optom Vis Sci* 2011; 88:1402-8.
3. Asthma and Allergy Foundation of America. Allergy Facts and Figures. <http://www.aafa.org/display.cfm?id=9&sub=30> Accessed May 7, 2013.
4. South Dakota Department of Health. Stop it, Don't Spread Germs. <http://doh.sd.gov/Flu/PDF/FactSheet.pdf> Accessed May 3, 2013.
5. US Food and Drug Administration. Eye Cosmetic Safety. <http://www.fda.gov/Cosmetics/ResourcesForYou/Consumers/CosmeticsQA/ucm167467.htm> Accessed May 7, 2013.
6. American Optometric Association. Contact Lenses and Cosmetics. <http://www.aoa.org/x5236.xml> Accessed May 7, 2013.