

FAQs

Myths and facts – Frequently asked questions about contact lenses

Can I go swimming with my contact lenses in? What about showering?

Yes, but remember, even the cleanest swimming pools contain germs, and that goes double for hot tubs, lakes, rivers, and the ocean. Even tap water can contain microbes. Germs and contact lenses make a bad combination that can lead to infections, irritation and even ulcers on your eyes. Make sure to remove and clean your contact lenses with contact lens solution or throw away the dailies you have been wearing.

Can I use water to clean my lenses?

No. We explained above about the dangers of contamination when using anything other than contact lens solution on your lenses.

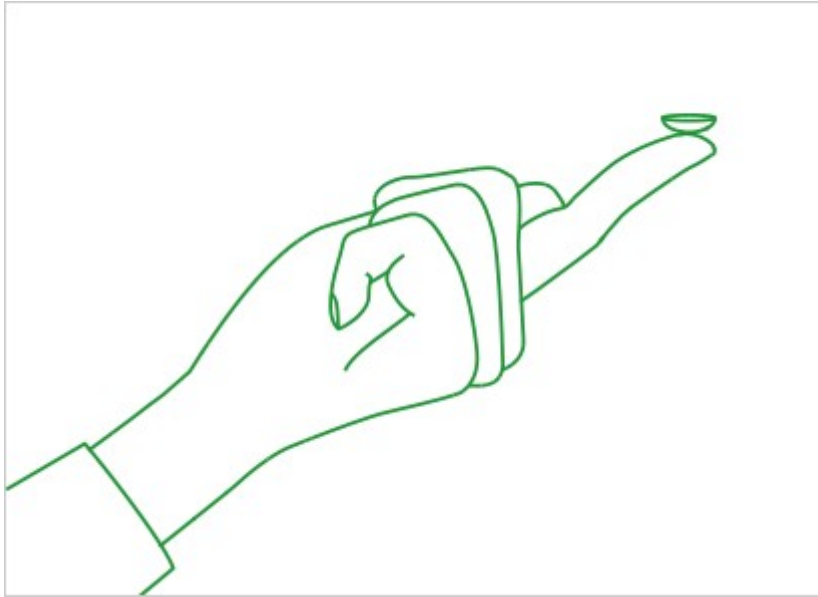
Will my contact lens get lost behind my eye?

No. The structure of your eye makes this impossible. Sometimes you may have trouble finding your lens if it moves under your upper eyelid, but a well-lit mirror, some blinking and a little patience as you gently remove it will usually solve this.

What should I do if I drop my contact lens?

Always clean and disinfect your contact lens thoroughly with fresh lens solution if it has dropped on the ground, floor or on your clothes. Stand close to a wash basin, sink or table when removing your lenses. This makes it easier to find a lens if you drop it. Remember to plug the wash basin or sink first. We also suggest placing a dark-coloured cloth or towel in the sink before you start to make it easier to see a dropped lens.

How can I tell if my contact lens is inside-out?



Place the lens on your index finger. Look at it. Is it concave and curved upward like a bowl? If so, great! If it's flared (convex) and the edges bend out toward your finger, your lens is inside-out.

What should I do if my contact lenses start to make my eyes burn or hurt?

This can sometimes be a sign that something is wrong, but it can also just be something stuck inside your lens. Remove your lens and clean and disinfect it thoroughly. If you still experience discomfort after you put the lens back in, remove it and inspect it closely. It may be torn or something may be stuck to it even after cleaning. If so, throw that lens away and try a new one. If you continue to feel discomfort even after following these steps or when you are not wearing contact lenses, stop wearing your lenses and see your eye care professional immediately.

Can I wear contact lenses if I wear bifocal eyeglasses?

Yes. Contact lenses are available in prescriptions called "multifocal." They help people who need vision correction for both near and far distances.

How long can I wear my contact lenses without removing them?

Always follow the advice and wearing schedule that your eye care professional gives you. Never try to wear your contact lenses for longer than prescribed. It's bad for the health of your eyes and the performance of the lenses.

Can I still wear makeup if I wear contact lenses?

Yes. You just have to be careful when applying both. Insert your contact lenses first so that no oils or debris from your makeup will be transferred to your lenses from your fingers. And remember—always wash your hands first!

Will contact lenses damage my eyes?

Millions of people wear contact lenses safely every day. You should be able to wear yours with little trouble too provided they're handled and cared for correctly. But contact lenses are medical devices and can only be prescribed and dispensed by a licensed eye care professional. Never wear contact lenses of any kind without talking to your eye care professional and getting a prescription first.

Can I sleep with my lenses in?

Not all contact lenses are approved for extended or overnight wear. Please consult your eye care professional to clarify the wearing schedule they've prescribed for you.

Can I use eye drops?

Only plain rewetting drops. Do not use regular over-the-counter, anti-redness eye drops while you are wearing contact lenses. Look for drops that are specifically for contact lens wearers or ask your eye care professional for a recommendation.

Which contact lens solution should I use?

Look for a contact lens solution that says "multipurpose" on the label. These types of solutions both clean and disinfect your