

Dear Contact Lens Wearer

There have been a number of recent reports of contact lens wearers having eye infections after swimming.



- ▶ Do not swim in your lenses without swimming goggles - you could get an infection, which if left untreated could lead to a scar or, in rare cases, loss of vision.
- ▶ If you remove your lenses and store them for any period of time, make sure that they are properly cleaned and disinfected before putting them back in your eyes. Our preferred methods are:
 - Clean and disinfect using a peroxide system with a 4-6 hour soak prior to wear, or
 - Thoroughly rub and rinse the lens with multipurpose solution followed by a 4-6 hour soak in fresh solution prior to wear.
- ▶ Use a new disposable case for storage.
- ▶ Never use 'old' lenses, solutions or cases.
- ▶ Do not wear lenses if your eyes become red or sore. Remove them immediately and call your practitioner without delay. Don't wait.
- ▶ Do not wear lenses if you are sick.
- ▶ Have an up-to-date pair of spectacles available for you to wear if you need to remove your lenses.

This advice is issued by the Cooperative Research Centre for Eye Research and Technology in cooperation with Australian contact lens practitioners and the contact lens industry in the interests of promoting safe, trouble free contact lens wear.

CRCERT at the University of New South Wales North Wing, RMB, Gate 14 Barker Street, UNSW
Sydney NSW 2052 Australia Phone: 61 2 9385 7516 Fax: 61 2 9385 7401