

Types of contact lens and lens hygiene

- Soft contact lenses are easy to use and your eyes get used to them very quickly. They are ideal for most focusing problems. You may need rigid gas-permeable contact lenses if you have an uneven corneal surface (astigmatism).
- Disposable soft contact lenses for daily wear are very popular as they do not need any cleaning. If your soft contact lenses are not of this type then daily cleaning is essential. You should follow your optometrist's (optician's) advice about solutions.
- Never clean your contact lenses with tap water. Always use sterile saline solution.
- Rigid gas-permeable lenses provide very good correction of focusing problems, and have less risk of eye infection than soft lenses. At first, rigid lenses are uncomfortable, but you will gradually get used to them. Keep the lenses in for longer each day until you can wear them comfortably.
- Lens hygiene is as important for daily-wear rigid lenses as for daily-wear soft lenses. Poor lens hygiene can result in severe eye infections with permanent loss of sight.

