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Contact Lenses - Care & Hygiene by [Julia Roger](#)

Article published on August 3rd 2012 | [Health](#)

Contact lenses are one of the very important inventions that have been made for people with vision problems. It is not only popular but the most sought after product by many people. Contact lens is easy to wear, and with affordable price ranges, more and more people like to use them.

However these things too need special attention and care in order to maintain them in good condition and provide protection along with proper vision to your eyes.

Here are few caring steps for the most basic soft lens that we normally use for our eyes:

â€¢ Before using the contact lens it is necessary to wash the hands with a non cosmetic soap. The aroma of the soap might cause some irritation in the eyes. Hence, a proper soap should be used.

â€¢ Finger nails should be cleaned and blunt in shape. The nails should be kept small to avoid scratches on the contact lenses.

â€¢ Dry the hand properly or lens will stick to your hand causing hindrances for you to wear them. Use a lint free towel to do so, this will improve the overall safety of your lens.

â€¢ Apply eye make-up only after wearing the lens, doing this before will cause the make-up to stick with the contact lens.

â€¢ Always keep the lens submerged properly in the eye solution that is comes along with the contact lenses purchase. If the solution runs out, get another one.

These are a few basic but very important care and hygiene steps that any Contact lenses user needs to follow. Once you start following them, it will gradually gets into your habit, making your eyes irritation and infection free.

Article Source:

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Article Keywords:

Contact lenses, contact lens