

**OPTOMETRISTS
CONTACT LENS PRACTITIONERS
BEHAVIOURAL OPTOMETRY
CHILDREN'S VISION**

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TRAVEL TIPS FOR WEARING CONTACT LENSES

You are allowed to carry small amounts (usually up to 100 ml) of eye drops and other liquids with you onto a plane. Volumes greater than that may only be permitted in your checked baggage. Always check with your airline before you fly .

Ask your Optometrist about mini-packs of solution, many of which are available in small bottles and will save packing large bulky bottles.

Make sure you have enough solution to last for your holiday as your solution may not be available abroad.

Don't be tempted to decant solutions into smaller bottles as you risk introducing bacteria and contaminating the solution.

Never rinse your lenses in tap water, especially abroad, where the water may contain micro- organisms. Always use saline to rinse your lenses.

In case your lenses become uncomfortable or your luggage gets lost, always travel with your care kit in your hand luggage.

As cabin air is very dry, some eyes may become too dry for comfortable lens wear. On short flights, wear your contact lenses, but ask your Optometrist about lubricating drops to re-moisten your eyes and have a pair of specs to change into. For long-haul flights, it is advisable just to wear spectacles, especially if you plan to sleep.

Remember, NEVER swim or do water sports in your lenses, as sea water and pool water can be dirty, containing eye infection-causing bacterium and parasites.

Daily Disposable lenses are a great choice when you are travelling as you do not have to worry about losing a lens. They are also easier to carry and lighter, as you do not need to take bottles of cleaning solution with you. There is no need to look after the lenses as they are replaced each day with new lenses and the old lenses are thrown away. The cost of disposable lenses is very comparable to other lenses. It is worth taking extra lenses, more than you think you will need in case you lose some of them

Hand washing - Alcohol-based hand sanitizers make a good substitute for hand-washing when soap and water is not available. If you're using an alcohol-based hand sanitizer, apply product to one palm, rub your two hands together, making sure to reach all surfaces, and continue rubbing until hands are dry.

If you require a mirror to insert and remove your lenses, include a travel mirror in your travel kit.