

I'm not a robot



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proper clarity and durability and anti-reflective and scratch-resistant coatings. Without scratches that feeling of freshly cleaned glasses and clear vision. We developed HiVision M60. Never wear your glasses without water or a cleaning wipe! Wiping the lenses with a dry cloth or no liquid can cause lens scratches and other permanent damage.Types of dry clothes to never use include: paper (Kleenex)Paper towelsNapkinsToilet paperYour shirt or an article of clothingCall I Use Windex On My GlassesWe can understand how some people might associate Windex with eyeglass lenses since their appearance is fairly similar to window glass. However, it is important that you never use Windex to clean your eyeglasses. Windex is a harsh chemical that can permanently damage eyeglass lenses and any special coating they may have on them. Windex may also damage or strip the frames of their plating.Is It OK to Clean Glasses with Rubbing Alcohol?Rubbing alcohol, or isopropyl alcohol, should not be used to clean eyeglasses. This harsh chemical also runs the risk of damaging the lenses, their special coating, and the eyeglass frames.Other products and liquids that should never be used to clean your eyeglasses:Household glass cleaners or cleaning products with high acid concentrationsProducts containing acetoneVinegar & lemon juiceSaliva (yes, that means no fogging up your lenses with your breath and wiping them with your shirt).How to Properly Store Your Glasses And Keep Them CleanGlasses will always require some form of cleaning but proper storage in a glasses case is one of the most effective ways to minimize smudges, cloudy lenses, scratches, and breaks.Proper storage helps keep dust, dirt, and other debris from landing on your glasses when they are not being worn. This also helps prevent scratches when your glasses (and you) are in transit (e.g. when placing them in your bag between your home and a coffee shop, work, your vehicle, etc.).Remember to never place glasses lens-down on any surface! This is the quickest way to cause permanent damage to your lenses and although some people say that toothpaste can fix scratched lenses, it sadly cannot.How to remove scratches from your lensesAlthough some people say that toothpaste can fix scratched lenses, it sadly cannot. In fact, there is no cure for scratched lenses, which is why it is so important to clean your glasses the right way and to store them properly when not in use.While some products do exist that claim to remove scratches, these simply minimize the look of scratches and often damage the lens coating or result in smears on the lenses. To avoid lens scratching, ask your optometrist about a scratch-resistant lens coating and remember to never place your glasses lens-down on any surface!Clean Glasses Rely on A Proper FitClasses that have not been properly fitted to your face may require more cleaning. It is important to have proper fitting eyeglasses not only for vision and comfort but also to prevent things that cause your glasses to get dirty. Glasses that dont fit properly lead to your eyelashes brushing up against the lenses if they are too tight, your cheeks pressing tightly against the frames and transferring oils, the eyeglass arms squeezing your temples, and the bridge sliding down your nose, causing you to constantly touch the glasses to adjust them. All these pitfalls will increase the frames oil absorption and dirt buildup.Proper-fitting eyewear that suits your face isnt always the easiest to find. Book a complimentary Eyewear Makeover with our Master Frame Stylist to guarantee the perfect fit and style for your face. Download Article Download Article Glasses can be expensive sometimes, so it's important to keep them in good shape. Fortunately, cleaning your glasses is quick and easy. The best way to clean eyewear is with warm water and dish soap, so head to the sink and lather them up! When youre out and about, touch up your lenses with a spray cleaner or wet wipes. If you stick to a daily cleaning routine, you'll be seeing crystal clear and you'll keep your glasses looking shiny and new. 1Wash your hands before cleaning your glasses. Wash up for 20 seconds with lotion-free soap and warm water. Youll need to make sure your hands are free of dirt, grease, and grime before cleaning your glasses.[1] 2Rinse your glasses with warm water. Run a gentle stream of tap water over your glasses. Rotate them to wet both sides of each lens, the frame, and earpieces.[2]Hot water is bad for lenses, protective coatings, and the frame, so be sure to use warm water. Advertisement 3Use your fingertips to carefully lather them with dish soap. Add a small drop of lotion-free dish soap to each lens. Make gentle circular motions with your fingertips to lather the soap over both sides of your lenses, around the frame, and down each earpiece.[3]4Clean the nose pads with a cotton swab or soft toothbrush. Use gentle pressure as you scrub the nose pads and the crevices between them and the frame. If you're using a toothbrush, make sure its soft-bristled.Avoid grazing the lenses with the toothbrush, even if its soft-bristled. If theres buildup between the lenses and the frame, use a cotton swab to loosen it.5Wash away soap residue. Hold the glasses under running water again to rinse away soap suds. Make sure youre washed away all traces of soap, as any remaining residue will cause smudges.[4]6Shake off excess water and make sure your lenses are clean. Turn off the water, then give your glasses a careful shake. Check the lenses to make sure theyre clear, and wash them again if you see any smudges.[5]7Dry your glasses with a microfiber cloth. Fold a clean microfiber cloth over both sides of a lens. Make soft circular motions with your fingertips to dry it, then repeat on the other lens. Wipe the nose pads, then use the cloth to dry and polish the frame and earpieces.[6] Advertisement 1Spray your glasses liberally with eyeglass cleaner. Spray cleaners for eyewear are available at pharmacies and eyewear retailers. If you cant get to a sink and dish soap, spray your glasses with lots of cleaner to flush away dirt and debris.[7]Some eyewear manufacturers and optometrists also offer free samples of spray cleaner.If you have anti-reflective (AR) glasses, make sure the cleaner you use is labelled safe for the AR coating.2Wipe away the cleaner with a microfiber cloth. After spraying your glasses, carefully wipe off excess cleaner. Fold the cloth over both sides of each lens, and make gentle circular motions with your fingertips to absorb the cleaner. Then use the cloth to dry the frame and earpieces.[8]3Touch up your lenses with disposable eyeglass wet wipes. You can also clean your glasses with wet wipes when youre on the go. Gently blow on them to remove dust and dirt, then gently rub them with a wet wipe using soft, circular motions. After cleaning them, dry them with a microfiber cloth.[9]Only use wet wipes labelled for cleaning eyewear. If you have AR glasses, make sure your wipes are labelled safe for the AR coating. Advertisement 1Clean your glasses every morning and as needed. Make cleaning your glasses part of your morning routine. Check them regularly throughout the day, and touch them up as needed.[10]Keeping your glasses clean and smudge-free will help prevent scratches.2Store your glasses in a hard case when youre not wearing them. Dont just throw your glasses in your purse or bag, and avoid placing the lenses on hard surfaces. When theyre not in use, keep them in a hard-shell case. The case should fit your glasses; if its too big, they might roll around and get damaged.[11]3Wash your microfiber cloths frequently. Microfiber cloths collect grease and dirt, so you should wash yours after 2 or 3 uses. Some cloths are machine washable, so check the care instructions and launder them as directed.[12]If your cloth isnt machine washable, or if youre not sure, hand wash it with dish soap, wring it out, then let it air dry.[13]4Dont wipe your glasses with your shirt, tissue, or a paper towel. Shirts, tissues, and paper towels contain fine debris that could scratch your glasses. Additionally, never wipe your glasses when theyre dry, or youll risk damaging them.[14]Exhaling on your glasses and wiping them with your shirt might be convenient, but thats a quick way to scratch up your lenses.Need help keeping your glasses clean? Check out what wikiHow users recommend on our best way to clean glasses and keep them clean? forum. Advertisement Ask a Question Advertisement Thanks The advice in this section is based on the lived experiences of wikiHow readers like you. If you have a helpful tip you'd like to share on wikiHow, please submit it in the field below. Place your glasses down carefully rather than tossing them from a distance. They could hit a surface wrong and break very easily. Clean your lenses with mild soap and water. Never use harsh chemicals, which can damage the coatings on the lenses. Clean your frames and lenses daily to prolong the life of your lenses and keep your frames looking sharp. Advertisement Thanks Advertisement Co-authored by: Board Certified Ophthalmologist This article was co-authored by Kara Hartl, MD, FACS. Dr. Kara Hartl is a board certified Ophthalmologist and the Founder and CEO of Mountain View Eye Center in Fairbanks, Alaska. Dr. Hartl is a blue light expert and specializes in studying the effects of natural and artificial light on peoples eyes and bodies. She received a BA in Biology from Harvard University and earned her Doctor of Medicine (MD) from The University of California-San Diego Medical School. Dr. Hartl also trained at the world-renowned Bascom Palmer Eye Institute. She is passionate about incorporating technology into the future of eye care and has started a public education initiative to inform everyday LED screen users about the effects and the easy ways to protect themselves while continuing to use their devices. Dr. Hartl also founded the international non-profit, Gift of Sight, which is dedicated to curing blindness across the globe. This article has been viewed 929,796 times. Co-authors: 72 Updated: June 5, 2025 Views:929,796 Categories: Cleaning Eyeglasses PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 929,796 times. "My glasses were super cloudy before reading the specific steps in wikiHow. The step to clean your glasses with a soft cloth helped most. Thanks wikiHow..." more Share your story Enjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished thanever. 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No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Put down the paper towels, and step away from the Windex.When a smudge or speck ruins the view from behind your glasses, its tempting to reach for the quick fixthe bottom of your shirt or the closest dish towel. Dont.Using a rough fabric can scratch your lenses, shortening the life of your specs. Likewise, commercial glass cleaners can ruin their finish.Besides, it takes only a few seconds longer to clean your glasses the right way. Heres your plan.Step #1Wash your hands, and then rinse your entire frame with lukewarm water, as hot water can harm anti-reflective and other coatings.Step #2Put a small dot of lotion-free soap on each lens. A great choice is a pure dishwashing soap such as Dawn. Do not use dishwasher detergent, hand sanitizers, or soaps with high alcohol content. All can damage your lenses.Step #3Using the tip of a clean finger (you washed your hands, right?), gently swirl the soap around on both sides of your lenses and then down the entire frame.Step #4Rinse your glasses again under lukewarm water until the soap is gone. Be sure to put both lenses directly under the faucet to remove any remaining residue.Step #5Carefully tap your glasses on a dishtowel or gently shake them over the sink to remove as much water as possible.Step #6Dry them with a clean, lint-free towel, such as a microfiber cloth youd use for fine glass or china. Do not use a paper towel or dish or bath towel. Theyll cover your squeaky-clean glasses with lintand could even leave a scratch.Step #7Soak in the view! Its a beautiful world, isnt it?If youre constantly on the go, ask your Americas Best optometrist to recommend a tote-sized eyeglass cleaning kit with a small spray bottle and a soft cloth.Glasses arent designed to last forever, of course, but if you clean and store them properly, and perform regular maintenance, yours will stay in tiptop shape for years to come. Vision Center is funded by our readers. We may earn commissions if you purchase something via one of our links. Getting smudges and stains on your glasses can be frustrating. Fortunately, there are plenty of ways to clean them without scratching or damaging the lenses. Heres a quick guide on how to clean your glasses to ensure they stay in good condition. Heres a step-by-step guide on how to clean your glasses without damaging the lenses. Wash and dry your hands. Before cleaning your eyewear, ensure that your hands are clean. Remove anything that could affect your lenses. Rinse your eyewear. Rinse them under a stream of lukewarm water to wash any dust and other debris that can scratch your lenses. Dont use hot water. Use dishwashing liquid. Apply a small amount of lotion-free soap or dishwashing liquid to each lens of your glasses. Clean the lenses. Gently clean both sides of the lenses, the nose pads, and the ends of the temples that sit behind your ears. Rinse the lenses. Wash both sides of the frame and the lenses thoroughly. Be sure to wash away all traces of soap as well. Otherwise, the glasses will be smeared when you dry them. Shake the glasses. Gently shaking the eyeglasses can remove most of the water from the lenses. After smudging this, check the glasses to ensure theyre clean. Dry the lenses. Thoroughly dry the eyeglasses lenses with a fresh, lint-free cleaning cloth or towel. Dont use anything laundered with fabric softener or dryer sheet, as these can smear or smudge the lenses. Inspect the lenses. Inspect the lenses of the eyeglasses. If there are still some streaks, smudges, or grime, remove them with a clean microfiber lens cloth. These tips will also help you keep your safety glasses, sunglasses, and sports eyewear in excellent condition. Microfiber cloths work well for cleaning glasses because they can effectively collect oils, preventing smearing. However, youll need to clean them regularly since they can gather grime and debris. Hand-wash the towel using lotion-free dishwashing liquid and clean water. Then, let the cloth air dry. You should also clean your glasses with a safe dishwashing liquid or a mild soap. If your lenses have an anti-reflective coating, ensure the eyeglass cleaner you use is suitable for AR lenses. There are plenty of materials you shouldnt use when cleaning your eyeglasses. These include: Paper towels. Paper towels, tissues, or toilet paper can scratch or smudge your lenses. They can also leave lint on the lenses. Hot water. Hot water can damage some lens coatings, leading to warping or bubbling. Acetone products. Acetone can damage lenses and plastic frames, especially if left on the surface for too long. Saliva. Saliva can cover your lenses with germs and bacteria. Saliva can also make a smudge on eyeglasses look worse. Clothing. Dont use your clothing, such as your shirttail, to clean your eyeglasses. Many materials in clothing can scratch your lenses. Household cleaners. Dont use household glass or surface cleaning solutions to clean your eyewear. These formulas contain ingredients that can damage lenses and coatings. Your glasses can get dirty from everyday activities. Skin oils, dust, makeup residue, and tiny particles can accumulate on them. You might instinctively clean smudges with your shirt corner, but cleaning your glasses like this will scratch the lens surface over time. When not in use, always keep your glasses in a protective case to protect the lenses from scratches and dirt. Make sure the case is clean and dry before putting away your glasses. Never leave your glasses on your head or your car's dashboard, as this can damage them. Finally, never leave your glasses in direct sunlight, as this can cause the lenses to warp or discolor. It's not always necessary to have your eyeglasses professionally cleaned. This is especially true if your eyeglasses only have minor smudges. However, if youre unsure how to clean your eyeglasses properly, its best to take them to a professional. Opticians have the right tools and cleaning solutions to clean your glasses safely. They can also check for any damage or scratches on the lenses. Warby Parker has stylish, high-quality frames at affordable prices. Shop Now Lingo Eyewear is another great option to buy glasses online. Shop Now EyeBuyDirect has a wide variety of budget frames starting at \$6. Shop Now Discount Contacts is our #1 recommendation to buy contacts online. Shop Now GlassesUSA has a huge selection of contacts, glasses, & sunglasses. Shop Now Caring for Eyewear. North Dakota Eye Clinic. Here are some safe and effective tips for keeping your glasses clean and looking new. Do Glasses Weaken Your Eyes and Vision? No, glasses will not weaken your vision because they're designed to help you see better. If you notice your vision is worsening, it could be due to the natural aging process or other factors unrelated to eyeglasses. However, in children with low myopia (nearsightedness), prolonged use of eyeglasses [1] By Vince Ayaga 7 min read Key Takeaways How to Read Glasses Measurements You might be prescribed glasses to treat myopia (nearsightedness), hyperopia (farsightedness), or astigmatism.2 Or you may just wear everyday sunglasses. All glasses have measurements that indicate their size. Theyre typically listed on your eyeglasses' temples (or the arms). Prescription glasses also have a measurement that indicates your vision [1] By Vince Ayaga 5 min read What are the Best Glasses for Nearsightedness? Correcting nearsightedness requires diverging lenses (concave lenses), which compensate for the overconvergence of the eyeball. There are many diverging lens options for myopia management: Multifocal lenses focus peripheral light in front of the retina, which enhances distance vision while preventing undesired eye growth. By comparison, a single-vision lens [1] By Vince Ayaga 8 min read Most adults need glasses for reading, driving, and other close work. Find out if you are one of them with this guide. By Lauren Steinheimer 7 min read At least 2.2 billion people struggle with vision impairment around the world. For about half of them, vision impairment was preventable or needs to be addressed with treatment like glasses. But they dont have access to vision care or cant afford glasses. Meanwhile, millions of glasses get tossed out every year and commonly end up [1] By Alyssa Hill 6 min read Mara Sugue Mara Sugue, with a B.A. in Social Sciences, is a dedicated web content writer for Vision Center. She is committed to making eye health research accessible and understandable to people from diverse backgrounds and educational levels. Her writing aims to bridge the gap between complex vision health topics and readers' needs for clear, factual information. Dr. Melody Huang, O.D. Dr. Melody Huang is an optometrist and freelance health writer with a passion for educating people about eye health. With her unique blend of clinical expertise and writing skills, Dr. Huang seeks to guide individuals towards healthier and happier lives. Her interests extend to Eastern medicine and integrative healthcare approaches. Outside of work, she enjoys exploring new skincare products, experimenting with food recipes, and spending time with her adopted cats. Medically reviewed on Monday, May 10, 2021 - Page published on Wednesday, February 27, 2019 Medically reviewed on Monday, May 10, 2021Page published on Wednesday, February 27, 2019Cleaning your eyeglasses daily is the best way to keep them looking great and avoid scratched lenses. But theres a right way and plenty of wrong ways when it comes to how to clean glasses.Follow these tips to clean your eyeglass lenses and frames to keep your glasses in top condition. These cleaning tips will also help you keep your sunglasses, safety glasses and sports eyewear in great shape.1. Wash and dry your hands.Before cleaning your eyeglasses, wash your hands thoroughly. Use lotion-free soap or dishwashing liquid and a clean, lint-free towel.2. Rinse your glasses under a gentle stream of tap water.This will remove dust and other debris, which can help avoid scratching your lenses when youre cleaning them. Avoid hot water, which can damage some eyeglass lens coatings.How do you clean your glasses?We know it's convenient, butstoppingcleaning your glasses with your shirttail or your sleeve! It's not only an easy way to "clean" your lenses, it's also an easy way to scratch them. It also doesn't actuallycleanthem.Did you know there's a right way to clean your glasses? And it's not with your saliva (gross!) or a tissue.Whether it's dirty lenses or an outdated prescription,visit a local eye doctor. They can show you how to correctly clean your glasses AND make sure your eyes are healthy and your prescription is up to date.Most dishwashing liquids are very concentrated, so use only a tiny amount. Or apply a drop or two to your fingertips before touching the lenses. Use only lotion-free brands.4. Gently rub both sides of the lenses and all parts of the frame.Make sure you clean every part of your glasses, including the nose pads and the temples of the frame. Also, clean the area where the edge of the lenses meet the frame dust, debris and skin oils frequently accumulate here.5. Rinse both sides of the lenses and the frame.Failing to remove all traces of soap will cause the lenses to be smeared when you dry them.6. Gently shake your glasses to get rid of most of the water on the lenses.Inspect the lenses carefully to make sure they are clean.7. Carefully dry the lenses and frame with a clean, lint-free towel.Use a dish towel that has not been laundered with a fabric softener or dryer sheet (these substances can smear the lenses). A lint-free microfiber cloth is also a good choice. Make sure the cloth is perfectly clean. Dirt or debris trapped in the fibers of a towel can scratch your lenses. Also, any cooking oil, skin oil or lotion on the towel will smear your glasses.8. Inspect the lenses again.If any streaks or smudges remain, remove them with a clean microfiber cloth these lint-free cloths are available at most optical shops or photography stores.For touch-up cleaning of your eyeglass lenses, use disposable lens cleaning wipes. These are formulated specifically for use on eyeglass lenses.Which brings us to a very important topic what NOT to use to clean your glasses. [See below.]DONTuse your shirttail, blouse or other clothing to clean your glasses, especially when the lenses are dry. This can scratch your lenses.DONTuse saliva to wet your lenses.DONTuse household glass or surface cleaners to clean your eyeglasses. These products have ingredients that can damage eyeglass lenses and coatings.DONTuse paper towels, napkins, tissues or toilet paper to clean your lenses. These can scratch or smear your lenses or leave them full of lint.DONTtry to buff away a scratch in your lenses. This only makes the situation worse.Spray eyeglass lens cleaners are available where you purchase your glasses and at your local drug or discount store. These can be helpful if you are traveling or dont have dishwashing soap and clean tap water available.If tap water isnt available, use plenty of the spray eyeglass cleaner to flush away dust and other debris from your lenses before wiping them dry.If your lenses have anti-reflective (AR) coating, make sure the eyeglass cleaner you choose is approved for use on anti-reflective lenses.When using disposable lens cleaning wipes, first inspect the lenses for dust or debris. To avoid scratches, blow any debris off the lenses before wiping them.Microfiber cleaning cloths are ideal for cleaning glasses. These cloths dry the lenses very effectively and trap oils to avoid smearing.But because they trap debris so effectively, make sure you clean the cloths frequently. Hand-wash the cloth using lotion-free dishwashing liquid and clean water; allow the cloth to air dry.READ MORE: DIY Eyeglass CleanerUnfortunately, there is no magic cure for scratched lenses. Once your glasses are scratched, they are scratchedSome products are designed to make the scratches look a little less visible. Most of these products are just waxy substances that wear off easily. Results with these products are mixed, depending on the location and depth of the scratches. Also, they often will smear anti-reflective lenses.Besides reflecting light and interfering with vision, scratches can affect the impact resistance of your eyeglass lenses. For optimum vision and safety, replace your lenses if they become scratched.When purchasing lenses, choose those that have a durable scratch-resistant coating. And ask your optician if your purchase includes an anti-scratch warranty especially if scratched lenses have been an issue in the past.If your lenses are in good shape but the nose pads or other parts of the frame have become impossible to keep clean, return to where you purchased your glasses.An eye care professional may be able to deep-clean your glasses with an ultrasonic cleaning device. They also can replace yellowing nose pads with clear new ones.Eyeglass lenses can easily get scratched if you fail to store them somewhere safe. This includes when you take them off at bedtime.Always store your eyeglasses in a clean storage case, and NEVER place them on a table or counter with the lenses facing down.If you dont have a glasses case handy, place your glasses upside down with the temples open somewhere safe, where they wont get knocked off a table or countertop.All eyeglass lenses will eventually get a few scratches. Eyeglasses lenses are scratch resistant, not scratch-proof.When purchasing glasses, ask about anti-scratch warranties for your lenses. This is especially important for childrens eyeglasses or if you wear glasses in dusty conditions.Following the above tips is the best way to keep your glasses clean and scratch-free for as long as possible.If your lenses are badly scratched and your eyeglass prescription has expired or you simply want new glasses schedule an eye exam with an eye doctor near you.

How to properly clean your glasses. Clean your eyeglasses. How can i clean my eyeglasses.

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