

SOFT CONTACT LENSES

Instructions for use – A Guide to Trouble Free Soft Contact Lens Wear

Always wash and dry your hands before handling your lenses. Make sure the lens is immersed in solution before removing from the case or the blister pack. Do not use if the packaging is not sealed. Sleeping in contact lenses is to be avoided unless your eye practitioner says otherwise.

Contact lenses are not to be shared

LENS INSERTION

1) For each eye ensure the lens is not inside out. Place on your index finger to verify the shape.

(Fig.1 & Fig.2)

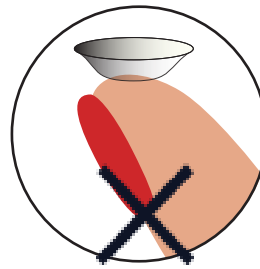


Fig.1 Inside out

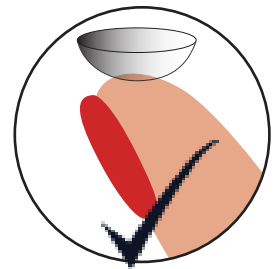


Fig.2 Correct

2) With the lens still on your index finger, use your second finger of the same hand to pull the lower lid downwards. Use the index and second finger of your other hand to lift the upper lid as high as possible. Place the lens onto the eye.

(Fig 3)

Repeat the procedure for the other eye.

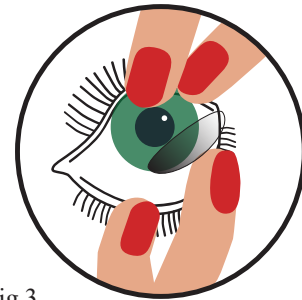


Fig.3

LENS REMOVAL

Look up and hold down the lower lid. With your index finger gently slide the lens down onto the white of the eye before pinching the lens and lifting out with the pads of your index finger and thumb.

(Fig 4)

Repeat the procedure for the other eye.

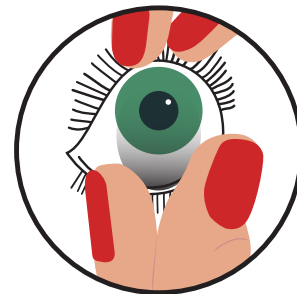


Fig.4

DISINFECTION/SOAKING

Clean and disinfect your lenses strictly following the instructions provided with your contact lens solution or as directed by your eyecare practitioner. Do not soak or rinse your contact lenses in tap water or any other liquid as this can increase the risk of infection. Lenses can be cleaned in the palm of your hand by adding a few drops of contact lens solution and rubbing the lens gently with your index finger before soaking overnight in the case.

IF THE LENSES DRY OUT

Re-wet only with your contact lens soaking and rinsing solution then follow the Disinfection/Soaking step above.