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## HEALTHY GUIDELINES FOR WEARING CONTACT LENSES

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*Wearing contact lenses isn't the same as wearing glasses. While you'll love the newfound freedom they offer, contact lenses require a little more extra care to help keep your eyes healthy and happy.*

*Here are some important tips to follow when wearing contact lenses:*

- Read your package insert for important information.
- Never share your contact lenses with others.
- Only use eye drops prescribed by your eye care professional.
- On days when you're feeling unwell, or your eyes are red, do not wear your contact lenses. Wear glasses instead.
- If you rip a contact lens, do not put it on your eye. Never wear a ripped lens.
- Put on your contact lenses before applying makeup.
- Wash with plain soap and dry your hands with a lint-free towel. Remove the lenses gently before removing makeup.
- Avoid drying out your contact lenses. Should this happen, discard the lenses and do not use them.
- Do not wear expired contact lenses. You can find the expiration date on the carton box as well as the blister pack.
- Do not rub your eyes when wearing contact lenses to avoid lens decentralization or injuring your cornea.
- Remove your contact lenses before swimming or using a hot tub.
- Be careful not to put your contact lens in the wrong eye as the lens power may be different in each eye.

*If you suspect your contact lenses are causing a problem, remove them quickly and get in touch with your eye care professional immediately. Save the lenses and bring them with you.*



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ONE OPTOMETRY PRESENTS

# GUIDELINES FOR CONTACT LENS WEAR

INSTRUCTIONS FOR THE CARE AND HANDLING OF  
SOFT CONTACT LENSES



# Inserting Your Contact Lenses (CL)

*Please review and follow these instructions before wearing your contact lenses. It is a good idea to save this pamphlet so you can refer to it in the future*

## 1 Wash Your Hands

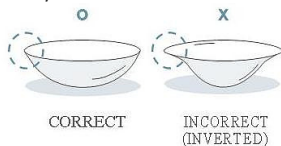
Before handling your contact lenses, wash your hands using plain soap without moisturizer or perfumes, rinse well, and then dry with a lint-free towel.

## 2 Rinse Your CL

Take out the contact lenses from the blister pack or lens case by removing the right contact lens first if you're right-handed and left if you're left-handed. This will help avoid possible mix-ups. Next, rinse the lens well with fresh multipurpose or saline solution approved by your eye care professional. Never use tap water as it contains impurities.

## 3 Inspect Your CL

Place the contact lens on your index finger and make sure it's clean. The lens should appear as a bowl. If the edges flare out, the lens is inverted.



## 4 Place Your CL

- Hold your upper eye lashes (not your eye lid) to prevent blinking.
- Pull your bottom eyelid down.
- Focus on a steady point with your other eye.
- Gently place the lens on your central cornea, not the side.



## 5 Check and Confirm

After your contact lens is fully in place, move your fingers away from your eye slowly and gently blink. This will help prevent the lens from moving away from the cornea (the transparent surface that covers your pupil and iris).

# Removing Your Contact Lenses

## 1 Wash Your Hands & Inspect Your CL

- Thoroughly clean your hands with plain soap.
- Look straight ahead into a mirror.

## 2 Remove Your CL

- Confirm that the lens is resting squarely on the cornea.
- Look up and gently slide the lens down.
- Carefully squeeze it between your thumb and index finger to remove the lens.



## 3 Clean and Disinfect Your CL After Use

To do this, place one lens in the palm of your hand with a couple of drops of fresh multipurpose solution or daily cleanser on it. Then, rub the lens back and forth with your index finger for 15 seconds. After rubbing, rinse the lens using multipurpose or saline solution. Finally, place the lens in multipurpose solution to disinfect the lens. If you're wearing **daily disposable lenses, just discard them.**

## 4 Store CL

Fill your contact lens case with fresh, multipurpose solution—never top off any old solution with new. Place your lenses into the case. Also, be sure to clean your case every use. Replace your CL case every 3 months.