

## SOFT CONTACT LENSES

### Instructions for Use

#### A Guide to Trouble-Free Soft Contact Lens Wear



Fig. 1



Fig. 2



Fig. 3



Fig. 4

Always wash and dry your hands before handling your lenses.

Do not use if packaging is not sealed.

**Contact lenses are not to be shared.**

### LENS INSERTION

1. Before insertion, ensure the lens is not inside out. Place on your index finger to verify the shape (Fig. 1 & 2).
2. Using the middle finger, hold your lower lid down. With the index finger of the other hand, raise upper lid. Place the lens onto the eye (Fig. 3). Repeat for the other eye.

## **LENS REMOVAL**

Separate the lids with the middle finger of each hand. Look up and with the index finger of the lower hand; slide the lens down onto the white of the eye. Pinch the lens and lift out with the thumb and index finger (Fig. 4). Repeat for the other eye.

## **DISINFECTION/SOAKING**

For lenses worn more than once clean and disinfect them following strictly the instruction on your solution bottle or as directed by your eyecare practitioner.

Daily disposable lenses are intended to be worn only once and then discarded. If your lenses are intended for daily disposable wear, DO NOT wear them more than once. Daily disposable lenses are not designed to be cleaned or disinfected and worn more than one time. Daily disposable lenses worn more than one time may become damaged and could put you at great risk of contact lens care and handling related eye infections or other problems.

## **IF THE LENSES DRY OUT:**

Re-wet with disinfecting, soaking or rinsing solution then follow the Disinfecting/Soaking step above.

## **PRECAUTIONS:**

1. For all types of lenses, your eyecare practitioner will recommend a lens wearing, cleaning and replacement regime. Do not vary these. If in doubt seek the advice of your eyecare practitioner.
2. If wearing lenses on an extended wear basis, remove and dispose of your lenses the evening before you are due to replace them, inserting new lenses the following day.
3. For lenses worn more than once, always clean and disinfect your lenses as instructed, after lens removal.
4. If your eyes become red or irritated or you experience any pain or unexpected change in vision, remove your lenses immediately and consult your eyecare practitioner.
5. Avoid contaminating lenses with make-up, aerosol sprays or wearing them near noxious fumes.
6. Replace damaged, contaminated or scratched lenses immediately.
7. Avoid long nails, which harbour bacteria and could damage the eye or lens. A scratched eye is vulnerable to infection.
8. Keep your lenses out of the reach of children.
9. Only use your lenses for water sports if watertight goggles are worn.

**WARNINGS:**

- 1) **DO NOT** sleep in your lenses unless your eyecare practitioner has advised it is safe to do so.
- 2) **DO NOT** wear your lenses beyond the period recommended by your eyecare practitioner.
- 3) **DO NOT** use household products (e.g. disinfectants) on your lenses.
- 4) **DO NOT** wear your lenses when using eye drops (unless advised to do so by a medical practitioner).
- 5) **DO NOT** use saliva to wet your lenses.
- 6) **DO NOT** rinse your lenses or lens case with tap water.