

# EVENING

# MORNING

## Before you start

Wash your hands and dry with a lint-free towel. Check specification and expiry date each morning.

### 1

Fill your clean lens case just below the rim with fresh solution.

### 2

Remove your lens from eye. Place the lens in the palm of your hand and apply a few drops of solution to the lens. Rub the lens gently for 15 seconds on each side\*.

Rinse the lens free from debris with fresh solution.

### 3

Place lens in the appropriate compartment of the lens case. Secure the cap on the case.

Repeat with other lens. Be sure that the lens is completely immersed in solution.

### 4

To disinfect your lenses, store in the case for at least six hours, overnight, or as per lens care instructions\*.

## When you finish

Wash your hands and dry with a lint-free towel.

### 1

Remove your first contact lens from the case.

Place the lens in the palm of your hand and rinse with fresh solution.

### 2

Apply lens on eye.

Repeat with the other lens.

### 3

Pour all the solution out of the lens case and rinse with fresh solution and dry with a clean tissue.

Place the case and caps face down on a clean tissue.

## STEPS TO HEALTHY CONTACT LENS CARE



## DO'S & DONT'S

Contact lenses are enjoyed safely and loved by millions of people.

Most wearers won't ever experience problems, however, if contact lenses are not treated with the love and respect they need, there is a small risk of developing potentially serious problems.

### IF YOU LOVE YOUR EYES, LOVE YOUR LENSES!

Stick to the tips below to keep your eyes healthy:

#### DO:

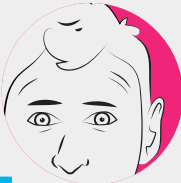
- Have regular check-ups as advised by your practitioner
- Always wash and dry your hands prior to handling your lenses
- Always rub, rinse and store your lenses in the recommended solution before and after each use (*except single-use lenses, which should be discarded after each wear*)
- Always clean the lens case with solution, wipe with a clean tissue then air-dry after each use by placing the case and lids face down on a tissue
- Always apply the same lens first to avoid mixing them up
- Check the lens is not inside out before applying
- Check the lens is not damaged before applying
- Handle carefully to avoid damaging the lens
- Apply your lenses before putting on make-up
- Remove lenses then remove make-up
- Keep your eyes closed when using hairspray or other aerosols
- Replace your lens case at least monthly
- Discard lenses and solutions that are past their expiry date
- Wear only the lenses specified by your contact lens practitioner
- Stick strictly to the recommended wearing schedule and replacement frequency
- Make sure you have an adequate supply of replacement lenses or a spare pair
- Have an up-to-date pair of spectacles for when you need to remove your lenses

#### DON'T:



- Use tap water, or any other water, on your lenses or lens case
- Sleep in your lenses, unless specifically advised to by your practitioner
- Use your lenses for swimming, hot tubs or water sports, unless wearing goggles
- Touch the inside of lens (the side that touches the eye)
- Share contact lenses or wear any lenses not specified by your practitioner
- Wet your lenses with saliva
- Put a lens on the eye if it falls on the floor or other surface, without cleaning and storing again
- Re-use or top up solution – discard and replace with fresh solution each time lenses are stored
- Decant solution into smaller containers
- Wear lenses left in the case for more than seven days without cleaning and storing them in fresh solution
- Wear any lens overnight if you are unwell
- Wear your lenses when showering, unless you keep your eyes firmly closed
- Switch the solution you use, except on the advice of your practitioner
- Use any eye drops without advice from your contact lens practitioner
- Apply a lens if it is dirty, dusty or damaged
- Continue to wear your lenses if your eyes don't feel good, look good, or see well

### ASK YOURSELF THESE THREE QUESTIONS, EACH TIME YOU WEAR YOUR LENSES:



1

Do my eyes feel good all day long with my lenses in? No discomfort



2

Do my eyes look good? No redness



3

Do I see well? No unusual blurring with either eye

IF THE ANSWER TO ANY OF THESE QUESTIONS IS NO, LEAVE YOUR LENSES OUT AND CONSULT YOUR EYE CARE PRACTITIONER IMMEDIATELY, WHO WILL ADVISE YOU ON WHAT TO DO NEXT.

Remember that if you have any questions about your contact lenses you should consult your eye care practitioner for advice.