

SOFT CONTACT LENSES

Introduction 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. Do not use if the packaging is not sealed.

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 & 2)



Fig. 1



Fig. 2

2. Using your other hand's index and second finger hold up the upper lid, use the third finger to hold lower lid down. 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. 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 following strictly the instructions on your solution bottle or as directed by your eyecare practitioner.

IF THE LENSES DRY OUT

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

PRECAUTIONS

1. These lenses are designed for frequent replacement. Your eyecare practitioner will recommend a lens wearing and cleaning regime and a replacement regime. Do not vary these. If in doubt seek the advice of your eyecare practitioner.
2. Always clean and disinfect your lenses as instructed, after lens removal. If your lenses have been prescribed for extended wear (sleeping in your lenses) never exceed 7 days between removals for cleaning and disinfection.
3. If your eyes become red or irritated or you experience any pain, remove your lenses immediately and consult your eyecare practitioner.
4. Avoid contaminating lenses with make-up, aerosol sprays or wearing them near noxious fumes.
5. Replace damaged, contaminated or scratched lenses immediately.
6. Avoid long nails, which harbour bacteria. A scratched eye is vulnerable to infection.
7. Keep your lenses out of the reach of children
8. 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)
5. **DO NOT** use saliva to wet your lenses.
6. **DO NOT** rinse your lenses or lens case with tap water.