



Instructions for the Care and Handling of Soft Contact Lenses

- 1) **Wash Up** Before handling your lenses, wash hands, rinse well, and dry with a lint free towel. Fingernails should be short and smooth to avoid damaging the lenses or scratching your eye.

- 2) **Rinse Off** Remove lens from the case and rinse it well. To avoid possible mix-ups, take the right lens out first each time.

- 3) **Inspection** Place the lens on your forefinger to inspect it for cleanliness and determine if it's right side out.

- 4) **Inverted Lens** If the lens is in the correct position, the edges will appear almost straight up. When inverted, the lens edges will flare out slightly. This is often difficult to determine until you have had a little practice.

- 5) **Insertion** a) Hold the upper lashes (not the lid) to prevent blinking b) Pull the bottom eyelid

down c) Focus on a steady point with the eye you are not putting the lens on d) Place the lens on the central cornea, not to the side e) Do not blink until the lens is in place.

6) **Eyedrops** one or two drops of lens lubricant are recommended if your lenses feel dry or if blurry vision occurs while wearing. Eyedrops may also be helpful prior to removal if your lenses feel dry or sticky.

7) **Removal** Wash hands before removal. Slide the edge of your lens down onto the white part of your eye (sclera). Then gently squeeze the lens between your thumb and forefinger to remove.

8) **Cleaning** Your contacts must be cleaned after wearing. Place the lens in your palm, put a drop or two of cleaning solution on it and rub in a straight back and forth motion.

9) **Clean Case Daily** After removing your lenses from the case, rinse your case well with contact lens solution and allow it to air dry before refilling with fresh solution.

10) **Storing Lenses** when soft lenses are stored in the case, always immerse in the prescribed disinfecting or soaking solution. CAUTION: Never store soft lenses in tap water, mineral water, or anything other than sterile soft lens solution.