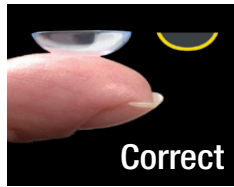
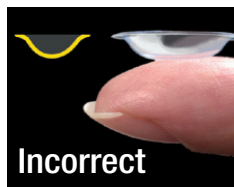


USEFUL TIPS ABOUT CONTACT LENSES

The right side out

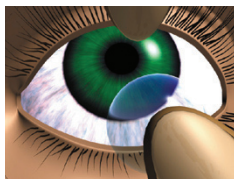
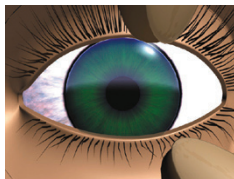
If the edges of your lens turn out, it is inside out. To correct this, apply a few drops of contact lens solution on your lens and reverse it.



Inserting your lens

- Wash and dry your hands.
- Close nearby drain in sink.
- Pour the right lens and storage solution from the case into your palm.

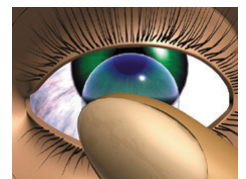
(It is a good idea to get in the habit of always working with the right lens first to avoid mix-ups.)



- Make sure your fingers are clean and dry. (Dry fingers facilitate the handling since soft contact lenses tend to stick to wet fingers.)
- Place the right lens on the tip of your index or middle finger of your dominant hand.
- Using the middle finger of your other hand, pull and hold your upper lid firmly open so you cannot blink.
- Pull down your lower eyelid, using the middle finger of your inserting hand.
- Look up and place the lens gently on the lower white part of your eye. Or look directly at the lens and place the lens directly on the cornea.
- Look down to position the lens correctly.
- Slowly release your eyelid and close your eye for a moment.
- Blink several times to center the lens on your eye.
- Sometimes, small dust particles trapped behind the lens during its placement can cause discomfort. To remove dust, slide the lens off the cornea onto the white part of your eye and then back onto the cornea. If necessary, adjust the position of the lens on the cornea by applying gentle pressure to the upper eyelid.
- Insert left lens following the same procedure.
- Rinse and dry your lens case after lenses are inserted.

Removing your lens

- Wash and dry your hands.
- Close nearby drain in sink.
- Make sure your lens is centered.
- Looking up, pull down your lower eyelid with the middle finger of your inserting hand. The use of a rewetting drop may be helpful in freeing the lens from the cornea for removal.
- Use the finger to pull the lens down.
- Slide the lens down to the lower white part of your eye.
- Gently squeeze the lens between your thumb and index finger and remove it from your eye.
- Follow the lens care procedures recommended by your eye care professional.
- Remove left lens following same procedure.



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To reduce the risk of infection

- Always wash and dry hands before touching contact lenses
- Never use tap water to rinse or store contact lenses
- Use fresh solution every time you place your lenses in the case
- Rinse your lens case with solution and let it air dry
- A new lens case should be used with each new bottle of solution
- Do not swim without protective goggles while wearing contact lenses.
- Replace disposable contact lenses according to schedule (bi-weekly/ monthly/every 3 months, etc)
- Do not swap contact lenses with other people

We're here to help you.
Please call us with any
questions you may have.

Common Myths about contact lenses

Myth 1: Use of contact lenses commonly leads to infection

Fact: Some infections or health problems related to lens do occur but usually only when you have a poor cleaning routine or are careless about taking care of your lenses. To prevent infections or any other disease, always follow your doctor's directions and keep lenses clean.

Myth 2: Contacts can get lost behind your eye

Fact: This statement is 100% wrong as it is physically impossible for the contacts to get lost behind your eye.

Myth 3: It is not safe to wear contact lenses during sports

Fact: Contact lenses are excellent to wear for sports because they provide a peripheral and wider field of vision without any obstruction.



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