Guidelines and Instructions for the Care and Handling of Your Contact Lenses

Wearing contact lenses isn't the same as wearing glasses. While you'll love the newfound freedom they offer, contact lenses require special care to help keep your eyes healthy and happy.

Important Guidelines for Wearing Contact Lenses

- Never share your contact lenses with others.

- Only use eye drops prescribed by your eye care professional.

- On days when you're feeling unwell or your eyes are red, do not wear your contact lenses. Wear glasses instead.

- If you rip a contact lens, do not put it on your eye. Never wear a ripped lens.

- Put in your contact lenses before applying makeup and remove the lenses before removing makeup. Wash your hands with plain soap and dry your hands with a lint-free towel.

- Avoid drying out your contact lenses. Should this happen, discard the lenses and do not use them.

- Do not wear expired contact lenses. You can find the expiration date on the box as well as the blister pack.

- To prevent your contact lenses from moving off-center or injuring your corneas, do not rub your eyes while wearing contact lenses.

- Remove your contact lenses before swimming or using a hot tub.

- Be careful not to put your contact lens in the wrong eye as the lens power may be different in each eye.

- Read your package insert for important information.

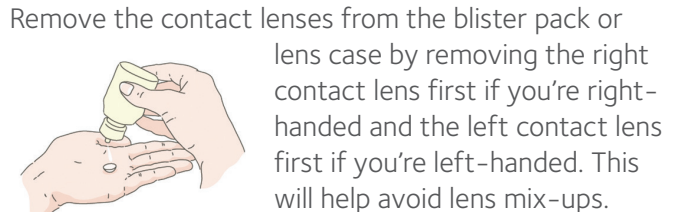## Inserting Your Contact Lenses

Please review and follow these instructions before wearing your contact lenses. It is a good idea to save this sheet so you can refer to it in the future.
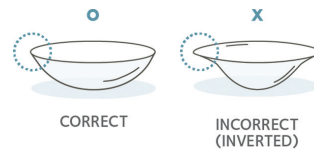
1 Wash Your Hands

Before handling your contact lenses, wash your hands using plain soap without moisturizer or perfumes. Rinse your hands well and dry them with a lint-free towel.

2 Rinse Your Contact Lenses

Remove the contact lenses from the blister pack or lens case by removing the right contact lens first if you're right-handed and the left contact lens first if you're left-handed. This will help avoid lens mix-ups. Next, rinse the lens well with fresh multipurpose or saline solution approved by your eye care professional. Never use tap water to rinse contact lenses, as water is not germ-free.
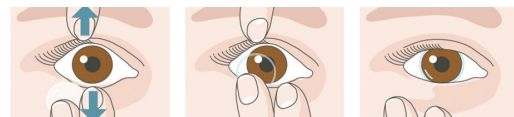

3 Inspect Your Contact Lens

CORRECT   **INCORRECT (INVERTED)**

Place the contact lens on your index finger and make sure it's clean. The lens should look like a bowl. If the edges flare out, the lens is inverted.

4 Place Your Contact Lens In Your Eye

- Hold your upper eyelid at the lash line (not the entire eyelid) to prevent blinking.
- Pull your bottom eyelid down.
- Focus on a steady point with your other eye.
- Gently place the contact lens on the eye.

5 Check and Confirm

After your contact lens is fully in place, slowly let go of your bottom eyelid, look around to get any air bubbles out and then let go of your upper eyelid. Letting go of both eyelids at the same time increases your chances of blinking the contact lens out.
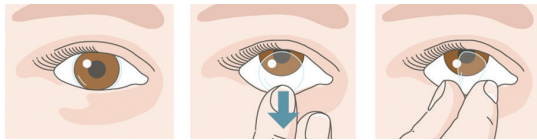
Removing Your Contact Lenses
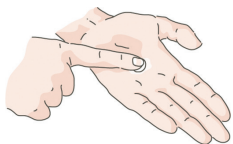
1 Wash Your Hands

- Thoroughly clean your hands with plain soap.
- Look straight ahead into a mirror.

2 Remove Your Contact Lenses

- Hold your upper eyelid at the lash line to prevent blinking.
- Look up and gently slide the lens down with your index finger.
- Carefully squeeze the lens between your thumb and index finger to remove it from your eye.

3 Clean and Disinfect Your Contact Lenses with Multipurpose Solution*

If you're wearing daily disposable lenses, discard them. Two-week or monthly contact lenses must be cleaned and disinfected every day after you wear them. To do this, place one lens in the palm of your hand with a couple of drops of fresh multipurpose solution or daily cleanser on it. Then rub the lens back and forth with your index finger for 15 seconds. After rubbing, rinse the lens with multipurpose solution to disinfect it as recommended by your eye care professional.

*Instructions are for multipurpose contact lens solution use. If your doctor recommends a 3% hydrogen peroxide cleaning regimen, defer to them for cleaning and caring tips.

4 Store Contact Lenses

Fill your contact lens storage case with fresh multipurpose lens care solution recommended by your doctor. Never top off any old solution with new. Place your clean lenses into the case, making sure both lenses are submerged before closing the case. Be sure to rinse out your case after every use, and store it open and upside down in a dry, clean place. Replace your contact lens case every three months.

If you suspect your contact lenses are causing a problem

Remove them from your eyes and contact your eye care professional immediately. Save the lenses and bring them with you to your eye care professional's office.

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