



## Contact Lens Wear & Care User Guide

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**We strongly recommend you to follow all directions as provided by your eye practitioner, in addition to all instructions detailed in this document and the labeling instructions of your lens care product.**

**Contact lens packages are TAMPER RESISTANT and STERILE, if found damaged or pre-opened, do not use.**

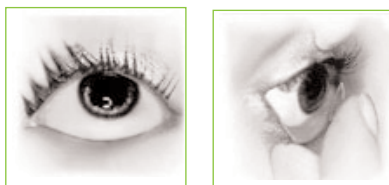
## 1 Handling & properly preparing your contact lenses:

1. Wash your hands and dry them well before wearing your lenses.
2. You must not use your finger nails, pens or any sharp or non-sterile object to pick up or handle your lenses. Using such items may damage the soft surface of the lenses, as well as possibly contaminating your lenses and eyes.
3. If your lens drops onto a non-sterile surface, pick it up, then wash it and disinfect it with a proper contact lens solution and disinfectant.
4. Make sure the lens is not inside-out. The lens should be in the cup side up position. In order to determine the right position of the lens, hold the lens between your thumb and index finger and if the lens is curling inward, then the lens is correctly positioned. If the edge is curling outward, then it is inside out and should be reversed before wearing.



## 2 Wearing your contact lenses:

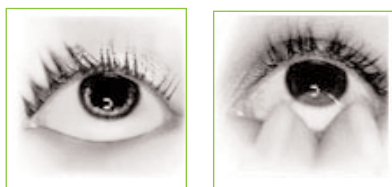
1. Hold the upper eye lashes and eyelid up below your eye-brow with your other forefinger, and at the same time, pull your lower eyelid down using your middle finger. Then, while looking up, place the lens onto the white area of your eye and move the lens onto the center of your eye with the lower lid margin. Remove your finger and release your lower lid first, then release your upper lid. Repeat the above steps with your other eye.
2. If your vision is blurred after wearing your contact lens, the lens may be off-center, then you may return it to the correct central position via closing your eye and gently massage your eyelid. If this problem persists, remove the lens and consult your eye practitioner.
3. When wearing your contact lenses, it is advised you always carry with you your lens container already filled up with fresh contact lens storage solution so that it would be handy in case you have to remove your contact lenses.



# 3

## Removing your contact lenses:

1. Wash your hands and dry them well before removing your contact lenses.
2. Blink fully several times, then while your face is fixed straight forward, look upward as much as possible. Pull your lower eyelid down gently with your middle finger then touch the lens then slide it down to the white area of your eye with the tip of the same hand forefinger. While still looking up, gently pinch the lens between your thumb and forefinger, then peel it off your eye.
3. In case of difficulty in removing your contact lenses, wet your eyes with a few eye drops, wait for a few minutes before trying again, then blink a few times and when you feel the lens is moving freely on the eye, follow the above steps again to remove it off your eye. If you fail to remove the lens easily, contact your eye-practitioner for further instructions.



# 4

## Caring for your contact lenses:

1. You must always clean and disinfect your contact lenses after removing them.
2. Never use saliva, tap water, any home made solution, any non sterile or exposed solution or anything other than recommended solutions to rinse or clean your contact lenses. Such items may be contaminated and may result in serious infections for your eyes.
3. Always read the instructions provided by the contact lens solution manufacturer for the proper use of the solution.

# 5

## Storing your contact lenses:

1. Before storing your lenses, fill your contact lens container with a contact lens storage solution.
2. In case your contact lens is exposed to air while off your eye, it may dehydrate and become dry and brittle. In this case, your contact lens needs to be re-hydrated again. If the dry lens is found stuck against a surface, apply a quantity of saline solution onto it before attempting to peeling or handling it. To re-hydrate your contact lens, pick the lens very gently and place it into the storage case; soak the dried lens in a contact lens rinsing and storage solution for at least 60 minutes until it returns to its' original soft state. Inspect the lens for damage and if it is clean and soft, clean it and disinfect it thoroughly prior to wearing it. If the lens did not return to its' original softness or after wearing it, found not comfortable, dispose it and never attempt to use it again.
3. Replace your contact lens container regularly every 3 months or less.
4. We recommend cleaning your contact lens storage container after each use via washing it thoroughly with hot tap water, then leaving it open to dry. When dry, disinfect it using a proper contact lens disinfecting solution, rinse it thoroughly and fill it up again with a fresh contact lens storage solution.

## 6

### Precautions for your optimum safety:

1. If you wear eye makeup or cosmetics, apply your eye makeup after wearing your lenses. Also, always remove your eye makeup after removing your lenses.
2. In order to avoid eye infections, you should avoid handling your contact lenses excessively before wearing them. If you fail to wear your contact lens from the first try, wet and clean your contact lenses with a few fresh drops of solution before trying to wear them again.
3. While wearing contact lenses, always avoid having your eyes exposed to cream lotions, hair spray, hair dryers, or deodorants. Such items will damage your contact lenses and may cause problems for your eyes.
4. Always avoid wearing your contact lenses in the presence of environmental fumes, excessive smoke, dust or vapors and in severe windy conditions. Also, avoid wearing your contact lenses in the presence of chemicals, paint thinner, household cleaning substances, unusually polluted air, intense heat or any other abnormal atmospheric conditions.
5. In case your eyes become red while wearing your contact lenses, or if you feel any discomfort wearing them and/or in the case of feeling any sort of a stinging or burning sensation or itching and irritation, excessive tearing, eye dryness, reduced vision sharpness and poor vision acuity, blurred vision, rainbows or halos surrounding objects, photophobia or severe sensitivity to light, unusual eye secretions, remove your contact lenses immediately, inspect them carefully, rinse and disinfect them thoroughly then wear them again. If the discomfort or problem persists, remove your contact lenses immediately and consult your eye practitioner.

## 7

### Contraindications:

In case of the occurrence of following conditions, remove your contact lenses, refrain from using them until you consult your eye practitioner:

1. Eye inflammations of any sort.
2. Active eye disease or injury or any abnormal state of the cornea, conjunctiva or eyelids.
3. Microbial infection of the eye.
4. Insufficient lacrimal secretion.
5. Use of any medications that are contraindicated with contact lenses or contact lens caring products including any and all eye medications. You should consult your eye practitioner before using any medications as certain medications such as antihistamines, decongestants, diuretics, muscle relaxants, tranquilizers, and those in motion sickness may cause eye dryness, increased contact lens awareness or blurred vision. Should any of these conditions occur, refrain from using contact lenses and consult your eye practitioner immediately for proper remedial measures.
6. Disease or allergies making the use of contact lenses and/or the products used to clean them, not advisable.
7. Difficulty to follow the contact lens caring instructions and/or history of non-compliance with contact lens care instructions, wearing restrictions, or any other instructions associated with their use.
8. Disability or unwillingness, due to age, infirmity or physical or mental conditions to comprehend or comply with all precautions, restrictions or directions of using or caring for contact lenses or inability to wear or remove contact lenses without external help.