

# Instruction manual for contact lenses

## 1. Putting the contact lenses in

There are two ways to put contact lenses in. Choose the one you find the most comfortable.

### 1.1. One-hand method:

1.1.1. Take the right lens out of the lens case, clean it and make sure the lens is intact and not inside out;

1.1.2. Put the lens on the tip of your right hand's index finger;

1.1.3. While keeping your head straight and looking directly ahead, use your right middle finger to pull your lower eyelid down;

1.1.4. Look up and carefully place the lens on the lower white part of your eye. Then look down to allow the lens to fall into the correct position. Carefully remove your index finger and release your lower eyelid.

1.1.5. Repeat the same procedure with the left lens.

### 1.2. Two-hand method:

1.2.1. Take the right lens out of the lens case, clean it and make sure the lens is intact and not inside out;

1.2.2 Put the lens on the tip of your right hand's index finger.

1.2.3. Use the middle finger of your left hand to pull your upper eyelid up;

1.2.4. Use your right hand's middle finger to pull your lower eyelid down. Place the lens in the centre of your eye.

1.2.5. Keep the eyelids open with your fingers and look down to allow the lens to fall into the correct position. Then slowly release your eyelids.

1.2.6. Repeat the same procedure with the left lens.

1.3. If you feel discomfort after you have inserted a lens, try the following:

1.3.1. Look into the mirror, carefully place your fingers on the edge of the contact lens and slide it towards your nose while looking in the same direction.

1.3.2. Then blink and look forward, releasing the lens.

1.4. If you still feel discomfort, remove the lens from your eye and clean it. If the eye irritation persists, you must remove the lens from your eye and consult the eye doctor or optometrist.

## **2. Taking the contact lenses out**

2.1. Look up and use your middle finger to pull the lower eyelid down;

2.2. Put your index finger on the lower edge of the lens and slide the lens down into the white part of your eye;

2.3. Carefully hold the lens between your thumb and your index finger (do not touch the lens with your fingernails!) and remove the contact lens.

2.4. Use your index finger to push the edges of the lens away from each other to prevent them from sticking together.

## **3. Using contact lenses**

3.1. If you are using contact lenses for the first time, strictly follow the instructions given by the eye doctor or optometrist. Unless the eye doctor or optometrist has instructed you otherwise, the lenses can be worn for two hours the first day, four hours the second day and two more hours every additional day, up to eight hours a day.

3.2. The time period of using lenses starts when the package is opened and the lenses are put in the eyes, no matter how many times the lenses are used (one day, one month, two months, six months or one year). Avoid using lenses longer than recommended by the eye doctor or optometrist.

3.3. Before using lenses, wash and dry your hands. Take the right lens out of the lens case, wash and rinse it on both sides and place it in your right eye. Do the same with the left lens.

3.4. To avoid damaging the lens, avoid touching the lens with your fingernails. There are two ways to safely remove a lens from a lens case. Use a special stick with a rubber end that can be purchased at

optical stores that sell contact lenses, or pour a lens onto your palm along with the eye care solution.

3.5. After you have put the contact lenses in your eyes, rinse the lens case with the eye care solution and let it dry in the open air. Always carry along a lens case filled with pure solution. Also, carry along a pair of glasses.

3.6. Change the lens case every 90 days. If using one or two-month lenses, change the lens case every time you start using a new pair of lenses.

3.7. Always use fresh and pure eye care solution.

3.8. Change the brand of the eye care solution according to the recommendations of your eye doctor or optometrist. Do not use different eye care solutions at once.

3.9. Do not put the lenses in your mouth and do not clean lenses using saliva, tap water or any other liquids not meant for that purpose.

3.10. Protein removal is recommended only in the case of long-term lenses.

3.11. Put lenses in your eyes before applying makeup. Remove lenses from your eyes before cleaning cosmetics from your eyes. Do not use cosmetic products that include oil or fibres (e.g. mascara adding length/volume) and avoid exposing contact lenses to hairspray or other cosmetic aerosols.

3.12. Only use eye drops, ointments and other medications assigned by your eye doctor. Do not use contact lenses while treating your eyes with anything.

3.13. Use goggles when swimming with lenses.

3.14. Avoid wearing lenses while in sauna or taking a shower.

3.15. Remove lenses from your eyes before going to bed.

3.16. Do not share your lenses with others.

3.17. Remove the lenses from your eyes and contact your eye doctor or optometrist if you experience the following symptoms: eye pain, red eye, excessive watering, sensitivity to light and blurry vision.

3.18. Visit an eye doctor or optometrist twice a year to evaluate the state of your eyes.

#### **4. Lens care**

- 4.1. Wash your hands carefully with warm water and soap (scented soap is not recommended) and dry them;
- 4.2. Take the contact lens out of your right eye;
- 4.3. Place the lens on your left palm, apply three drops of eye care solution on the lens and clean the lens on your palm by carefully rubbing it with your index finger for 10-15 seconds. Avoid touching the lens with your fingernail while rubbing it.
- 4.4. Turn the lens around and repeat the process.
- 4.5. After mechanical cleaning, rinse the lens with eye care solution and place it in the lens case filled with pure eye care solution.
- 4.6. Carefully close the lens case. Before closing the lens case make sure that the lens is at the bottom of the case in order to avoid trapping the lens between the case and its lid.
- 4.7. Repeat the same procedure with the left lens.

#### **5. Disinfecting and preserving contact lenses**

- 5.1. Allow the lenses to soak inside the lens case for at least four hours.
- 5.2. Lenses can remain in the lens case until the next time they are used, but no longer than 30 days, after which they should be cleaned and disinfected again.
- 5.3. Before you use the lenses again, clean them and let them soak in pure solution for at least four hours.