

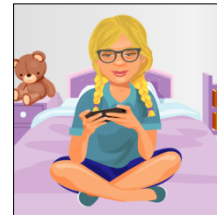
## Why do I need to wear glasses?

- You have an eye condition known as nearsightedness, or myopia.
- This means that you can see things clearly that are close, but things that are far away are blurry.
- You need eyeglasses to correct your nearsightedness so that you can see things at all distances.
- Additionally, DOT spectacle lenses help to slow or prevent your nearsightedness from getting worse.



## What do I have to do?

- For best results, **constantly wear your eyeglasses every day, including for reading or when looking at other close-up objects.**



## When do I have to wear my eyeglasses?

- Wear your glasses when you read, watch TV, use the computer, or the phone, go to the movies, studying, when you are at school...basically all the time!
- Wear your glasses both inside and outside, at least 10 hours a day.



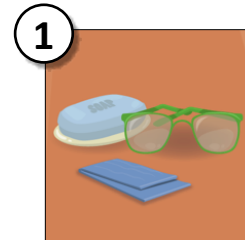
## What if I play sports?

- You can wear your eyeglasses for some sports, BUT...
  - If you play soccer, football, baseball, or other high impact sports, ask your eye doctor about getting sports goggles.
  - Do not wear your eyeglasses (or any other normal eyeglasses) during high impact sports as they may break and hurt you.
  - Of course, do not wear eyeglasses for swimming.



## How do I clean my eyeglasses?

- There are 3 ways that you can clean your eyeglasses:



You can clean your eyeglasses using mild dish soap and a microfiber cloth.



You can clean your eyeglasses using standard lens cleaner and a microfiber cloth.



You can use optical lens wipes.

## What else do I need to do?

- You should keep your eyeglasses in a case when you are not wearing them.
- Tell your parents if your eyeglass frame needs an adjustment and have your frames adjusted whenever needed.
- Tell your parents right away if you break or lose your eyeglasses so that you can get a new pair right away.
- Never look directly at the sun, an eclipse, or other dangerous light like a laser.



## What if I Have Questions?

- Ask your Mom, Dad, or Guardian any questions that you may have.
- They can call your eye doctor's office too.



# LBL-C16-UG Canada Commercial User Guide for DOT 0.2 Spectacle Lenses (DOC-2797) Ver. 2

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## Approved By:

[\(CO-512\) CO-512 Label approval and LBL-C16-UG r2](#)

## Description

- Reformatted layout and added graphics

## Justification

Reformatted and graphics added for patients

Assigned To:	Initiated By:	Priority:	Impact:
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