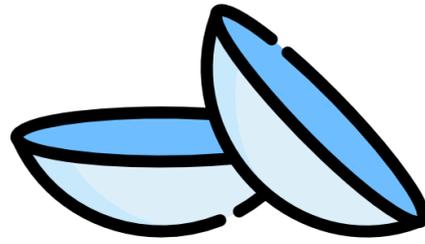




**ADRENALINE
OPTOMETRY**



EASY CONTACT LENS CARE

ALL LENSES

1. Always wash and dry your hands before touching your contact lenses.
2. Never use tap water or saliva to clean your lenses.
3. Daily disposable lenses must be thrown out at the end of the day.
4. Never sleep in your contact lenses overnight. Sleeping in lenses increases your chance of getting an infection.
5. Avoid getting tap, pool or sea water into your eyes while wearing lenses.
6. If you ever get a red and painful eye, swelling or discharge, while wearing your contact lenses, remove the lenses from the eyes and seek the help of your Optometrist urgently to rule out an eye infection.
7. You should see your Optometrist a minimum of once/year to make sure the contact lenses are still suitable for your eyes.

FORTNIGHTLY & MONTHLY LENSES

8. Fortnightly and Monthly lenses must be cleaned with a multipurpose solution every night after you remove the lenses. Rub the lenses with a few drops of solution in the palm of your hands for 5 seconds, then rinse them with solution and place them in your contact lens case with fresh solution.
9. Each time you insert your contact lenses from the case, empty any remaining solution in the case, rinse it with some solution, dry with a clean tissue, and leave open to air dry.
10. You should replace your lens case each time you purchase a new bottle of solution (every 1-3 months).

Fortnightly lenses must be thrown out after 14 days of opening the lenses, even if you did not wear them 14 times.

Monthly lenses must be thrown out after 30 days of opening the lenses, even if you did not wear them 30 times.