

CREATING A ROUTINE

Congratulations on your new lenses and your new look! You'll be surprised how easy it is to make contact lenses part of your daily routine. Below you'll find some useful information, step-by-step support to help make a success of your new lenses.

PRACTICE MAKES PERFECT

It takes a little time and practice to get used to putting on and taking off contact lenses, just like any new habit.

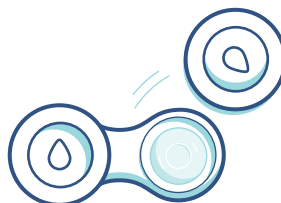


Plan Time For Putting On and Taking Off Your Lenses

Give yourself a little more time in the morning to get ready until you're used to putting on your lenses.

It can be easy to forget to clean your lenses or take them off at night. Why not set an alarm to help you stick to your new routine?

You can also set a reminder when to open a new set of reusable lenses or reorder lenses.



Establish A Cleaning Habit

With daily lenses, you can throw them away at the end of the day. But when it comes to reusable lenses, it's important to establish a cleaning routine.

Over time, deposits such as protein in your tears can accumulate on your lenses which may lead to eye irritation.

Clean your lenses daily to help keep your eyes bright, fresh and healthy.

TIPS FOR REPLACING YOUR LENSES

Once you find the lenses that fit your lifestyle, make sure you create a replacement schedule. Here are some tips for setting up a schedule that keeps your eyes comfortable and healthy:

If You Wear Reusable Lenses

replace your contact lenses on the same day of the week. Try discarding your old lenses on Sunday night, and starting with a new pair on Monday morning.

When You Open a New Box of Contact Lenses

mark the date on the lens packet. It's an easy way to stay on schedule.

Write "Reorder" on Your Last Box of Lenses

as well as the phone number of your optician on the box of contact lenses for quick, easy replacement.