

# DISPOSABLE CONTACT LENSES DAILY CARE

## EVENING

## MORNING

### Before you start

Wash your hands and dry with a lint-free towel. Check specification and expiry date each morning.

## STEPS TO HEALTHY DAILY DISPOSABLE LENS CARE

**1**

Remove the lens from your eye and discard.



**2**

Discard lens in the bin or at an approved contact lens recycle point.



### When you finish

Wash your hands and dry with a lint-free towel.



## MORNING

**1**

Remove your first contact lens from the packaging.



Apply lens on eye.



Repeat with the other lens.



**2**

Discard or recycle packaging where possible.



## DOs & DON'TS FOR DAILY DISPOSABLE CONTACT LENSES

Contact lenses are enjoyed safely and loved by millions of people.

Most wearers won't ever experience problems, however, if contact lenses are not treated with the love and respect they need there is a small risk of developing potentially serious problems.

### IF YOU LOVE YOUR EYES, LOVE YOUR LENSES!

Stick to the tips below to keep your eyes healthy.

#### DO:

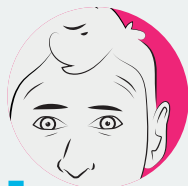
- Discard daily disposable lenses after each wear. Where available recycle lenses at an approved recycle point
- Have regular check-ups as advised by your eye care practitioner
- Always wash and dry your hands prior to handling your lenses
- Always apply the same lens first to avoid mixing them up
- Check the lens is not inside out before applying
- Check the lens is not damaged before applying
- Handle carefully to avoid damaging the lens
- Apply your lenses before putting on make-up
- Remove lenses then remove make-up
- Keep your eyes closed when using hairspray or other aerosols
- Discard lenses and solutions that are past their expiry date
- Wear only the lenses specified by your eye care practitioner
- Stick strictly to the recommended wearing schedule and replacement frequency
- Make sure you have an adequate supply of replacement lenses
- Have an up-to-date pair of spectacles for when you need to remove your lenses

#### DON'T:



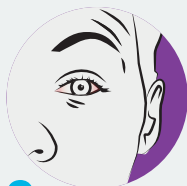
- Use tap water, or any other water, on your lenses or lens case
- Use your lenses for swimming, hot tubs or water sports
- Sleep in your lenses, unless specifically advised to by your eye care practitioner
- Touch the inside of the lens (the side that touches the eye)
- Share contact lenses or wear any lenses not specified by your eye care practitioner
- Wet your lenses with saliva
- Put a lens on the eye if it falls on the floor or other surface
- Wear your lenses when showering
- Use any eye drops without advice from your eye care practitioner
- Apply a lens if it is dirty, dusty or damaged
- Continue to wear your lenses if your eyes don't feel good, look good, or see well

### ASK YOURSELF THESE THREE QUESTIONS, EACH TIME YOU WEAR YOUR LENSES:



1

Do my eyes feel good all day long with my lenses in? No discomfort



2

Do my eyes look good? No redness



3

Do I see well? No unusual blurring with either eye

IF THE ANSWER TO ANY OF THESE QUESTIONS IS NO, LEAVE YOUR LENSES OUT AND CONSULT YOUR EYE CARE PRACTITIONER IMMEDIATELY WHO WILL ADVISE YOU ON WHAT TO DO NEXT.