



ACUVUE®
BRAND CONTACT LENSES

**NEW
WEARER
GUIDE**

LOVE YOUR LENSES

You've taken the first steps to becoming a contact lens wearer. Your eye care professional and their team are with you all the way, providing the support you need to be successful. No one becomes a pro overnight, but you'll soon be enjoying more activities, owning your natural look and wondering why you didn't try lenses sooner.



**If you never try,
you'll never
know.**



GETTING STARTED



Step 1: Eye Appointment and Contact Lens Fitting

Congratulations! You're ready for contacts and have taken the first step.



Step 2: Trial Period

Your optician has chosen the best contacts for you and wants to be sure you're happy with them. Just like a new hair style, wearing contacts takes some time to get used to, but if your lenses become uncomfortable, call your optician or [click here](#).



Step 3: Follow-Up Appointment

By now, you should be more comfortable with contact lenses and seeing clearly. Still have questions? Your optician can help. Not every pair fits perfectly the first time, and a small change could help. Discuss your trial experience with your optician and decide next steps for ordering.



Step 4: Settling In

You've purchased your lenses and are on your way to becoming an expert. Be sure to register on [MyACUVUE](#) for discounts and reminders, and don't forget to keep regularly scheduled checkups, as your vision can change over time.

**Everything
is hard—until
it's easy.**



THE DOs & DON'Ts OF CONTACT LENSES



DO wash your hands and put your contacts in before starting your personal care routine.

DO stay prepared by keeping an extra pair of lenses with you at all times.

DO inspect your lenses before putting them in to be sure they are moist, clean, clear and free of any nicks or tears.

DO establish a replacement and reorder routine for your lenses.



DON'T wear your lenses beyond the prescribed replacement schedule.

DON'T sleep in your lenses unless your eye care professional says you can.

DON'T share your lenses with anyone.



**The most
beautiful thing
you can wear is
confidence.**

SEE MORE FOR YOURSELF

Still have questions? Give your eye care professional a call and talk through anything that is on your mind. In the meantime, check out helpful how-to videos and other free resources for quick information here:

[YouTube®](#)

[Set Reminders](#)

[Frequently Asked Questions](#)

[Maintaining Comfort](#)



And if you haven't already, don't forget to register at [MyACUVUE](#) for communications, rewards and reminders from ACUVUE® Brand Contact Lenses.

HOW TO PUT IN & TAKE OUT LENSES

Putting Them In



Before you start, wash your hands with soap, then rinse and dry them.



Check that the lens isn't inside out by putting it on the tip of your finger and holding it up to the light. If the edges flare out, it's inside out. If it looks like a bowl with straight edges, it's ready to go.



Using your other hand, hold your upper eyelid so you don't blink, and pull down your lower eyelid with the other fingers of your applying hand.

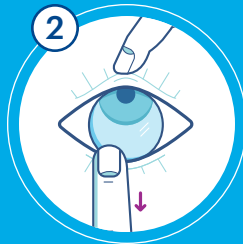


Move the contact lens toward your eye steadily. Once the lens is on your eye, slowly release your eyelid and close your eye to allow the lens to settle.

Taking Them Out



Ensure your hands are clean and dry. Starting with your right eye, look up and pull down your lower eyelid with your middle finger.



Bring your index finger to your eye until you touch the lower edge of the lens, and slide the lens down to the lower white part of your eye.



Gently squeeze the lens between your thumb and index finger and remove it. Repeat for your left lens.



Clean and disinfect reusable contact lenses (see opposite side).

Discard daily disposable contact lenses.

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Everyone has their own system—find the one that works for you. For other tips and videos, [click here](#).

CLEANING & CARE

FOR REUSABLE CONTACT LENSES



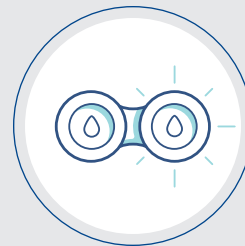
Clean Hands

- Wash your hands with soap, then rinse and dry them.



Clean Lenses

- Step 1: Fill each chamber of your contact lens case with fresh solution.
- Step 2: Place one lens in the palm of your hand and apply a few drops of solution. Rub the lens back and forth on your palm with your index finger to clean the surfaces.
- Step 3: Rinse your lens thoroughly with solution and put it into your clean contact lens case.
- Step 4: Repeat this routine for your other lens, then close the case and leave your lenses to soak overnight.



Clean Lens Case

- Step 1: Empty your contact lens case of the old solution.
- Step 2: Rub and rinse your contact lens case with fresh solution.
- Step 3: Air-dry your contact lens case, upside down on a clean tissue.
- Step 4: Replace your contact lens case on a regular basis, as instructed by your eye care professional.

NEVER USE TAP WATER OR SALIVA to clean your contact lenses or lens case.

For more detailed information about wearing your lenses, [click here](#), select the lens you have been prescribed and download the Patient Instruction Guide.

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If you're a daily disposable wearer, it's easy to start with a fresh lens every day and toss them out before bed.



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Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, remove the lens and contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit Acuvue.com.

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