



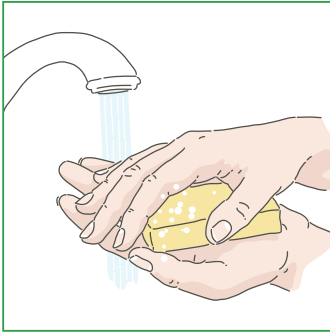
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# From us, with love

We made a list for you of tips, recommendations, and instructions for the proper use of contact lenses and how to keep your eyes healthy!

Our eyes are the most important thing in the world daily care is vital to maintaining their health. In this pamphlet you will find useful tips for inserting and removing contact lenses and useful information on how to take care of them. Good luck!

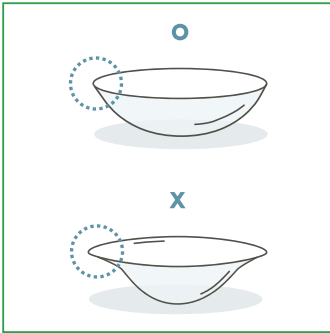
# Inserting the lenses without fear



## Stage 1:

Before we start, we wash and dry our hands!

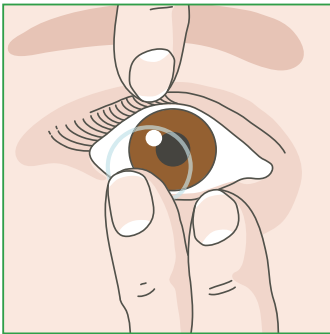
- Before handling contact lenses, we wash our hands thoroughly with soap and water.
- Dry them well with a lint-free (fibreless) towel



## Stage 2:

Preparing the contact lenses for use!

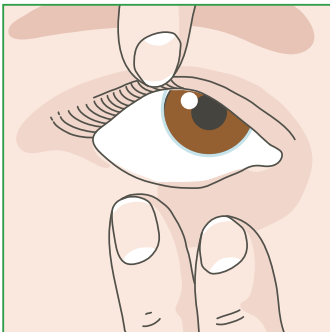
- Remove the contact lens from the blister pack.
- Lay the contact lens on the center of your palm and bring your fingers to the center. If the contact lens is on its right side up, then the edges of the contact lens will fold inwards. If it is on the wrong side up, then the edges of the contact lens will flatten out.



## Stage 3:

Time to insert the contact lenses. Good luck!

- Lift the upper eyelid and hold it close to the eyelashes.
- Pull the lower eyelid down.
- Look straight.
- Insert the contact lens slowly and carefully into the center of the eye – onto the colored part of the eye.



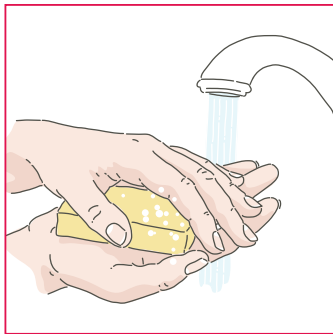
## Stage 4:

After excelling the task, check and make sure that the contact lens is in place!

- After the contact lens is correctly positioned in the eye, slowly and carefully remove the index finger from the eye.
- Hold the eyelid open, look around to release air bubbles, if there are any.
- Slowly and carefully release the eyelids. Blink gently to ensure that the contact lens is in the right place.

**Warning:** Do not let water touch the lenses! Contact with water significantly increases the risk of infection and might even cause loss of sight.

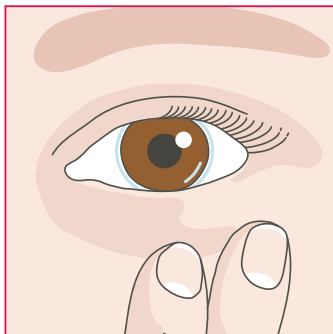
# Removing the lenses without fear



## Stage 1:

When removing we start the same way as insertion, we wash and dry our hands!

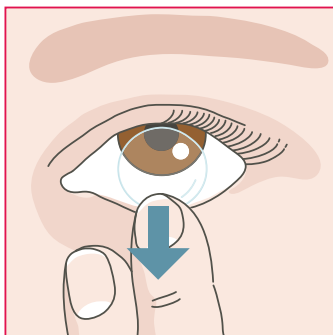
- Every time we handle our contact lenses, we must wash our hands thoroughly with soap and water.
- Dry them well with a lint-free (fibreless) towel.



## Stage 2:

A few preparations before removing the contact lenses!

- Look straight into the mirror and check whether the contact lens is on the iris (the colored part of the eye).
- Place the tip of your index finger on the upper eyelid, close to the eyelashes and lift upwards.
- Pull the lower eyelid downwards; make sure that you are holding it steadily and that the eyes are open.
- Lower your chin, so that you can look straight into the mirror.

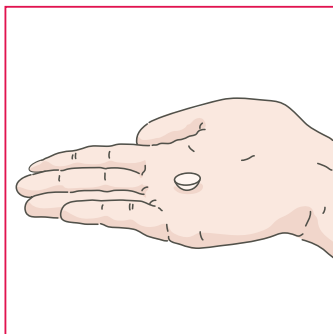


## Stage 3:

Good job! Now is the time to remove the contact lens from your eye!

- Gently, but firmly, press the surface of the contact lens and lower the contact lens in the direction of the white part of the eye.
- With your thumb and index finger, gently squeeze the contact lens and remove it from your eye.

**Important tip:** it is easier and safer to remove the lens from the white part of the eye than from the colored part.



## Stage 4:

Final stage, if you use daily contact lenses it is time to throw them away – If monthly contact lenses is your game, then it is time to prepare them for re-use!

- **Daily contact lenses** – after you have removed the first contact lens from your eye, throw it in the bin and repeat the removal process on the other eye.
- **Monthly contact lenses** – at the end of each day, the contact lenses should be cleaned with a special solution (ask your optometrist for recommendation) and 30 days from opening the package, you should throw it in the bin.



# Special signs to look after and things you should always avoid while wearing contact lenses.

Everything you need to know about contact lenses and were too shy to ask, in the guide in front of you!

If you are a new wearer of contact lenses and wondering about what to do, or not to do to keep your eyes healthy, do not worry! We have gathered for you the ironclad rules that you must know. Feel free to memorize and to learn them by heart (:

## Do

### **Always** start with your right eye.

It is recommended to start with the same eye, when inserting contact lenses. In this way, the chance of mixing up the contact lenses and mixing them is small.

### **Make sure** that you have enough time to complete the process.

We recommend that you follow this guide thoroughly. It is possible that when you first use contact lenses, the process of inserting and removing the lenses will take longer, but as you gain more experience, the process will become easier, faster and safer.

### **Keep going** to follow-up meetings.

#### **Under all circumstances**

Routine visits to an optometrist or eye doctor are important and allow evaluation and monitoring of the process.

### **Act** exclusively according to the recommendations of your optometrist or eye doctor.

There are risks that arise from the use of contact lenses. These risks can be reduced to a minimum, if you act according to the guidelines given to you by your optometrist or eye doctor.

## Do Not

### **Under no circumstances** allow water to come into contact with the contact lens.

Contact with water significantly increases the risk of infection and can even cause loss of sight. Activities such as showering with lenses, swimming and other sports that involve contact with water, are absolutely prohibited.

### **Under no circumstances** should you wear a damaged contact lens.

If you have noticed any damage to the contact lens, such as a tear or a cut, it must not be worn. Open a new package.

### **Under no circumstances** wear contact lenses if your eyes are sore.

If you do not feel well, or if your eyes are red or sore, do not use contact lenses, but wear glasses instead.

### **Under no circumstances** wear contact lenses past their validity date.

Make sure that you have read the instruction sheet in the contact lens package, which contains important information such as the validity date, and never wear lenses past their validity date