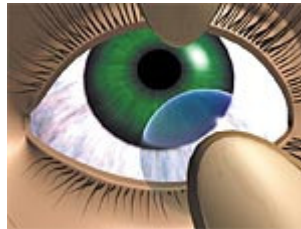


## Advanced Eye Care Contact Lens Instructions

- Always wash hands before handling contacts
- If inserting/removing lenses by sink – pull stopper up & place a washcloth in sink, so if the lens falls it dose not go down drain
- Soak in fresh solution each night, never reuse solution
- Each morning, rinse before inserting
- Don't sleep in them (unless told otherwise by your doctor), don't over wear them, and dispose of them as instructed
- Be sure you put in correct eye (even if you have same Rx). Formulate a habit to keep from getting the lenses mixed up. (always start with right eye first...)
- If you feel you have an eye infection, don't wear your contacts and contact your eye doctor as soon as possible.



### **How to put in:**

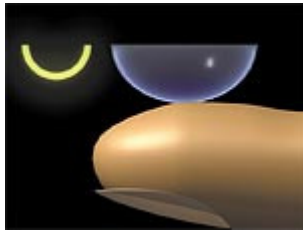
- Carefully remove your lens from the storage case.
- Rinse your lenses only with the solution recommended by your eye care practitioner to remove all traces of debris.
- Put contact on tip of pointer finger (with all edges pointing up – ‘Correct’ figure)
- Put other hand over head and pull up on top eyelid and hold lashes (hold lashes to prevent blinking while inserting contact)
- With your inserting hand, using middle finger, pull down on bottom eyelid and hold lashes
- Look straight ahead and carefully place the contact right over the iris (colored part of eye)
- Blink eye slowly to let lens settle. Then blink a few times to center the lens on your eye.
- Once on eye, the contact should naturally settle over the cornea. And gravity will help it rotate as it should.



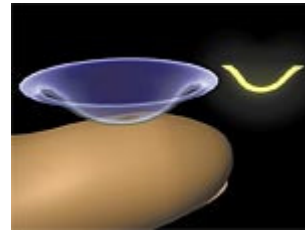
### **How to take out:**

- Put hand over head and pull up on top eyelid and hold lashes (hold lashes to prevent blinking while taking out contact)
- With inserting hand pull down bottom lid with middle finger
- Using you index pointer finger and thumb, gently squeeze the lens between your thumb and pointer finger and remove it from your eye
- Place contact in case with fresh, clean solution. Close lid.

**Correct**



**Incorrect**



### **Information on Store Brand Solutions**

You may have noticed that stores like your pharmacy and grocer sell store-branded contact lens care products, also known as "private label" products. Often they are considerably cheaper than name-brand products. Should you use them?

These products are safe and FDA-approved, or they couldn't be sold. But there are potential problems. Sometimes private label products are made from older formulations, which don't offer the same advantages as newer products.

But here's a bigger problem: As you know, you shouldn't switch products without consulting your doctor to make sure the new solution is compatible with your lenses.

Let's say that you buy a bottle of Pharmacy-brand X, bring it to your doctor, and he gives you the OK. You use the product, and everything is dandy.

Next time you buy Pharmacy-brand X, it may not be the same product. That's because the pharmacy doesn't, of course, make its own solution. They buy it from a supplier. If a better deal comes along, they might switch suppliers — and even formulations — but still sell the revised product under the "Pharmacy-brand X" name. And the revised formulation may or may not be right for you.

### **Contact Lens Care Must-Knows**

Once it has been decided which product you'd like to try, discuss with your doctor. Do not switch brands until you determine that the new brand is compatible with your contact lenses.

--Never touch solution bottle tips to any surface, the solution can become contaminated.

--Avoid getting tap water on your contacts lenses, as it can carry *acanthamoeba*, a potentially harmful microorganism.

--Lens cases can be rinsed out with soap and hot tap water and carefully dried when not in use.