

# Hits and tips

## Start with the same eye every time

When applying your contact lenses, start with the same eye every time. You'll be less likely to switch the lenses by mistake. Like your shoes, your left and right contact lenses are different.

## Give yourself plenty of time

Take it slowly and follow our guide. It may take a while at first but, as with almost any new activity, the more you do it the easier it becomes. Soon you'll be able to apply and remove your contact lenses without a second thought

## Check care information

Read the insert from your lens pack for important information like the expiry date. Do not wear expired contact lenses or wear them for longer than your eye care practitioner recommends.

## If your eyes are sore, take the day off

If you are feeling unwell, or your eyes are red and sore, do not wear your lenses. Wear your glasses instead.

## Avoid contact with water

Tap water, swimming pools, saunas and the sea increase the risk of significant eye infection.

## Keep your glasses with you

As a new wearer, you may need to build your wearing times up so keep your glasses with you. Don't worry, your eyes will quickly adapt and you'll soon be able to enjoy the freedom of contact lenses for longer.

## Never wear a damaged lens

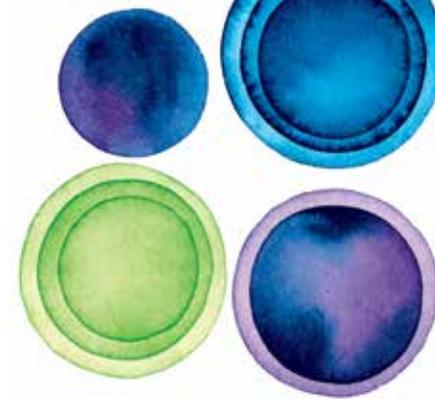
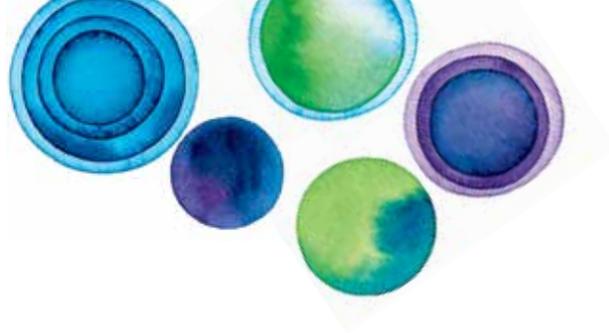
If you notice any damage, like a tear or split to your contact lens, don't be tempted to wear it. Ask your eye care practitioner for a replacement.

## Follow the advice from your eye care practitioner

Replace your lenses on time and remember to make a follow-up appointment as recommended by your eye care practitioner.

## Any queries, contact your eye care practitioner

Your eye care practitioner is best placed to help you with any questions or queries you may have.



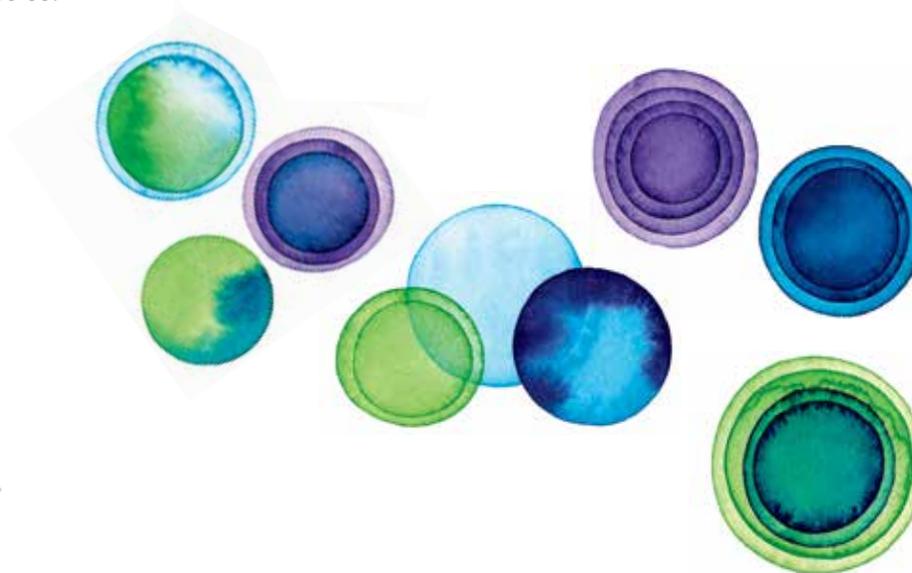
Whether you're trying contact lenses for the first time or are a seasoned lens wearer, we want you to feel supported throughout your journey. The First Lens support programme has been created to do that.

Within this leaflet you'll find a helpful guide to correctly applying and removing your lenses and some handy hints and tips. It's all about helping you to master the correct techniques to make sure you benefit from your new contact lenses.

Thank you for choosing contact lenses; you're joining the millions of other lens wearers enjoying the freedom from spectacles.

## First lens

Helping you to enjoy your new daily disposable contact lenses.

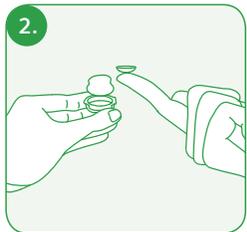


## Application



### Wash and dry your hands

- Before handling your contact lenses, wash your hands using plain, antibacterial soap without moisturiser or perfumes and rinse well
- Dry thoroughly with a lint-free towel.



### Prepare your contact lenses

- Take your lenses out of the blister pack one at a time
- Place the lens on the tip of your index finger, it should be bowl-shaped facing upwards. If the lens edge has a noticeable outward bend, the lens is inside out, so make sure you orientate it to the correct position.



### Apply your contact lenses

- Pull up your upper eyelid holding it as close and central to the lash line as possible to prevent blinking
- Pull your lower eyelid down
- Focus on a steady point with your other eye
- Slowly and gently apply the lens over the coloured part of your eye.



### Check and confirm

- After your contact lens is in place, slowly move your index finger away from your eye
- Holding your eyelids open, look around slowly to remove any air bubbles
- Removing your fingers from your eyelid, blink gently to ensure the contact lens is in the right place

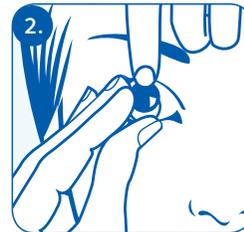
Always ensure you rinse out your contact lens storage case with contact lens solution, NOT tap water, after every use. After rinsing your case, leave it open and store it upside down in a clean, dry place.

## Monthly lens removal



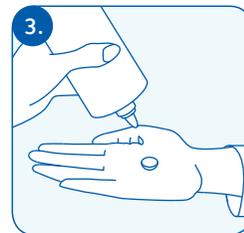
### Wash and dry your hands

- Before handling your contact lenses, wash your hands using plain, antibacterial soap without moisturiser or perfumes and rinse well
- Dry thoroughly with a lint-free towel.



### Remove your contact lenses

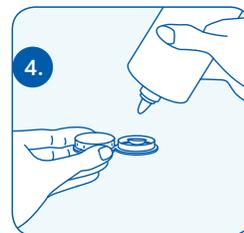
- Lower your chin and look up into a mirror
- Check that the lens is resting on the coloured part of your eye
- Looking into the mirror, gently slide the lens downwards onto the white part of your eye
- Using your thumb and index finger, gently pinch the lens removing it from your eye



### Clean and disinfect your contact lenses

For safety and comfort, your reusable lenses must be cleaned and disinfected every day after you wear them.

- Place the lens in the palm of your hand with a couple of drops of fresh contact lens solution
- Rub the lens back and forth with your little finger for 15 seconds
- Turn the lens over and repeat for the other side
- Finally, rinse the lens using more fresh solution.



### Step 4. Store your contact lenses

- Place your contact lens into your lens storage case
- Fill the case with your prescribed lens care solution; never mixing old and new solution together
- Securely screw the top onto your lens case and store in a safe place
- Repeat step 2, 3 and 4 for your other eye.

Your contact lens storage case should be replaced atleast every three months

## Daily disposable lens removal



### Wash and dry your hands

- Before handling your contact lenses, wash your hands using plain, antibacterial soap without moisturiser or perfumes and rinse well
- Dry thoroughly with a lint-free towel.



### Remove your contact lenses

- Lower your chin and look up into a mirror
- Check that the lens is resting on the coloured part of your eye
- Looking into the mirror, gently slide the lens downwards onto the white part of your eye
- Using your thumb and index finger, gently pinch the lens removing it from your eye



### Dispose of your contact lenses

- No cleaning or storing required, just throw them away and start with a fresh new pair each day.

Repeat steps 2 and 3 for your other eye.

