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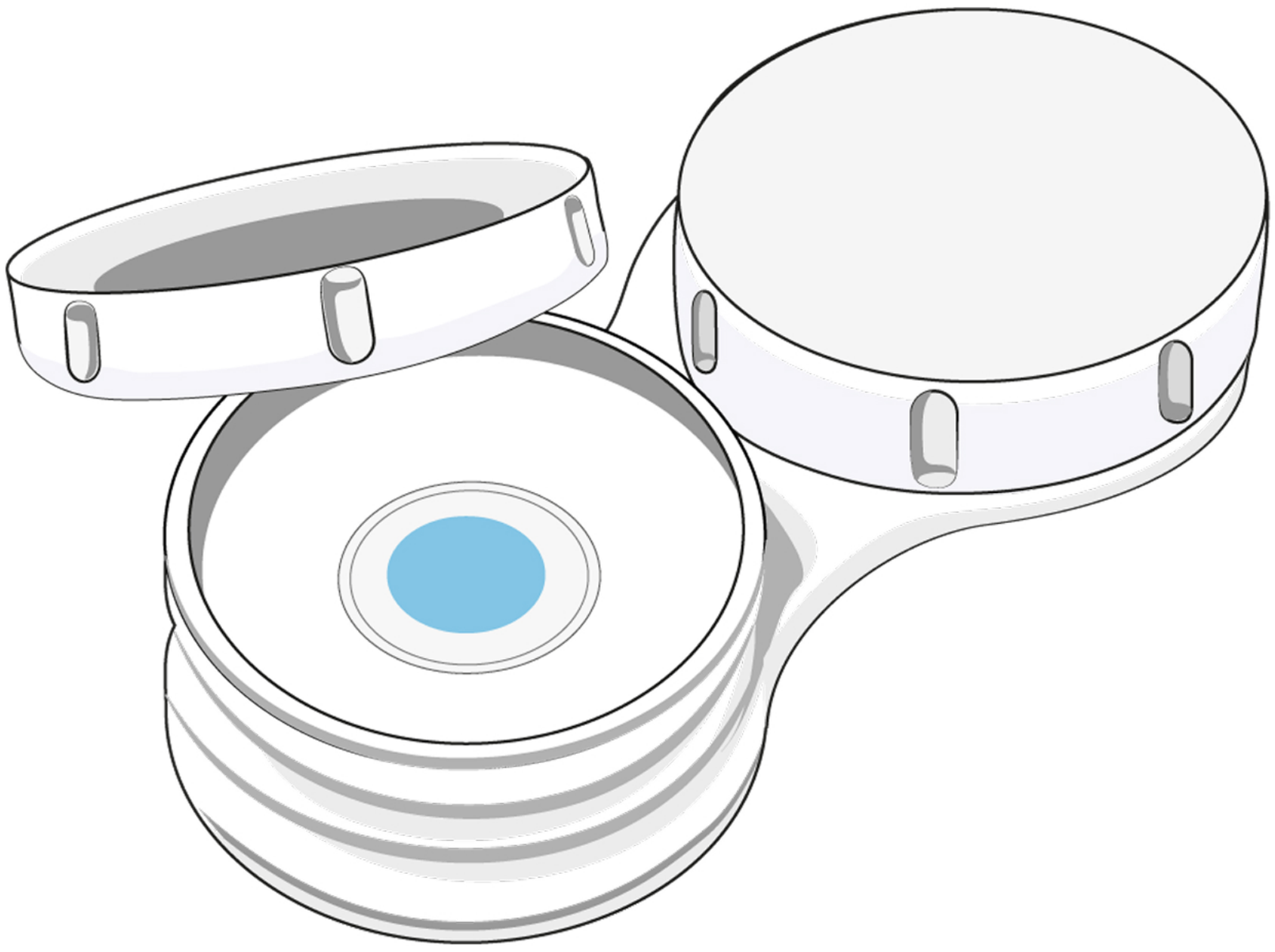


A guide to wearing soft contact lenses

A step-by-step guide by Cairns & Co

Whether you're a first-time wearer or a seasoned user, this simple step-by-step guide will help you insert, remove, and care for your contact lenses *safely* and with *confidence*.



Before you begin, *clean* & prepare.

Hygiene is crucial. Always wash your hands with soap and dry them on a lint free towel, or air dry them before handling your soft contact lenses.

Always handle your lenses in a room with good lighting and a clean mirror.



Set up everything you need to apply or remove your soft contact lenses.

Remember to keep the *essentials* close.

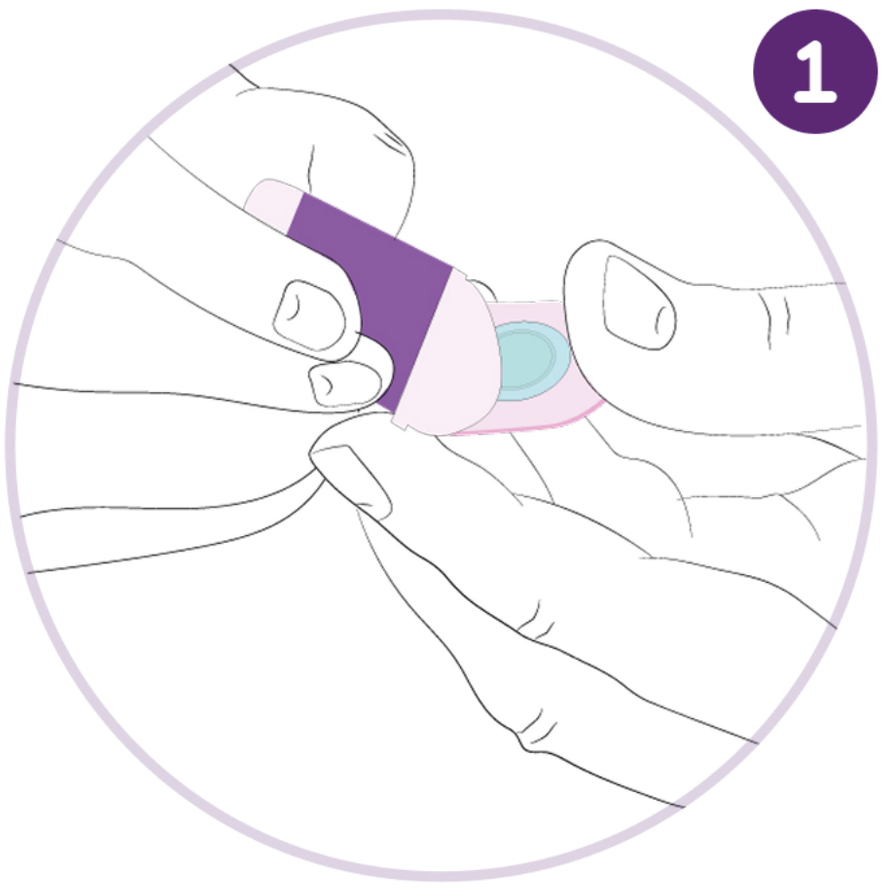
What you'll need...

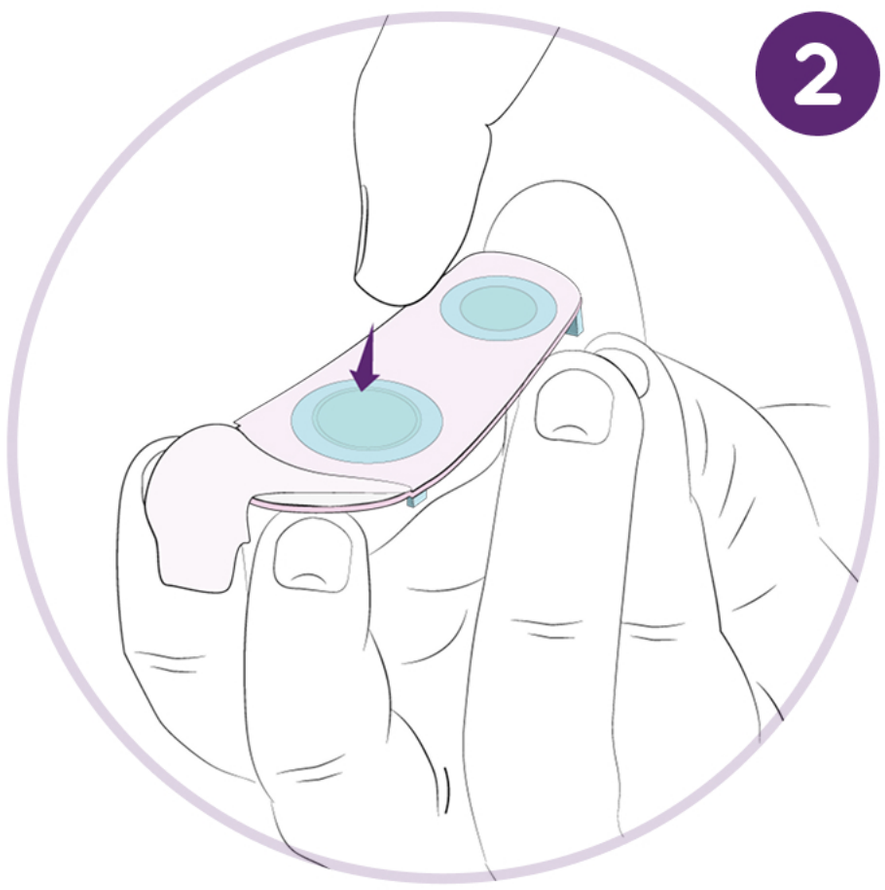
- Your clean, empty **contact lens case.**
- Your **cleaning solution.**
- Non-perfumed **tissues.**
- Your **spectacles.**



Opening a new set?

Gently peel back the foil to remove the lens from the pack.





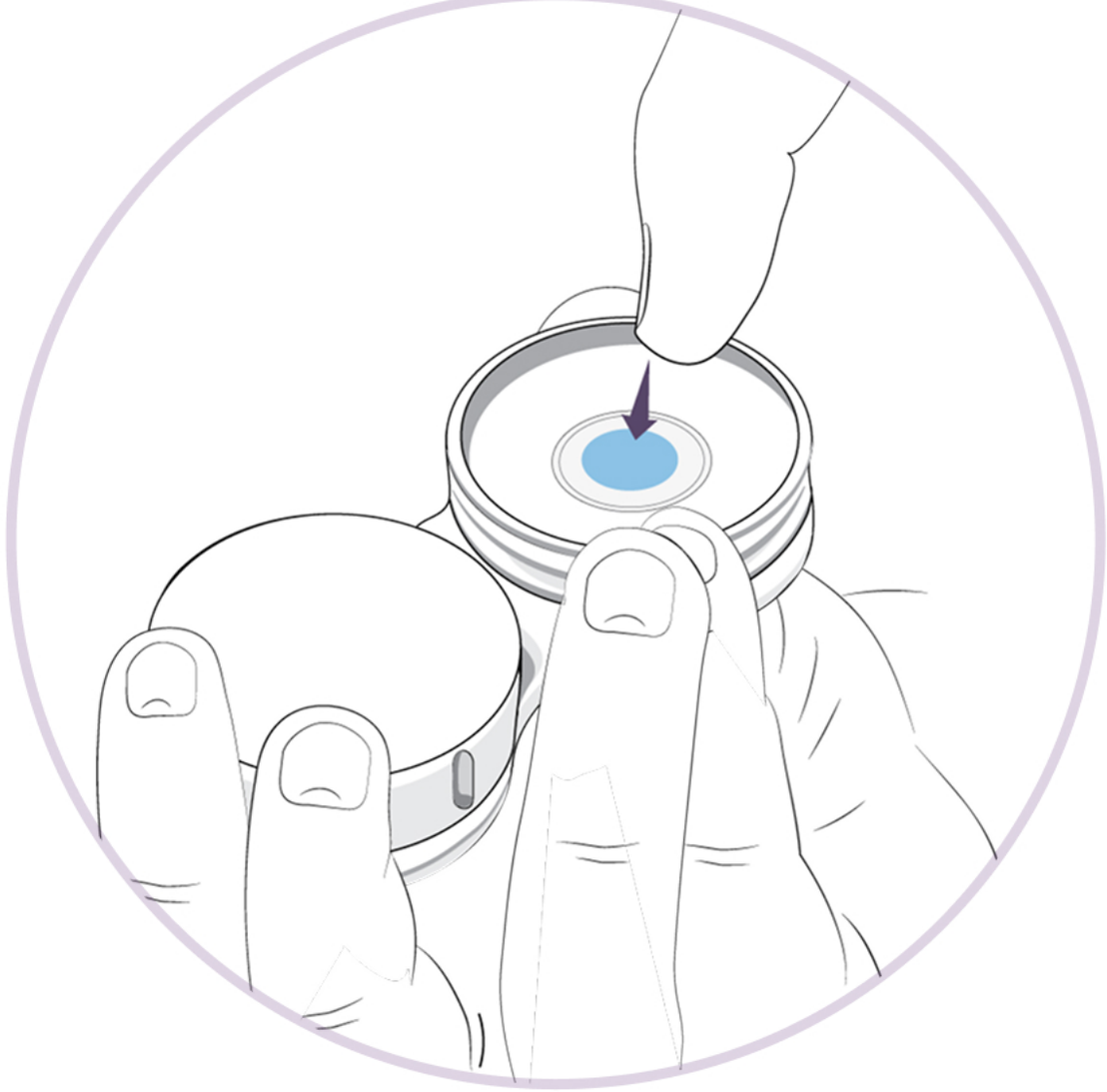
Place your finger on the lens and **lift vertically** out of the pack.

Handle your lens with *care*.

Using a case?

Remove your **right lens first.**

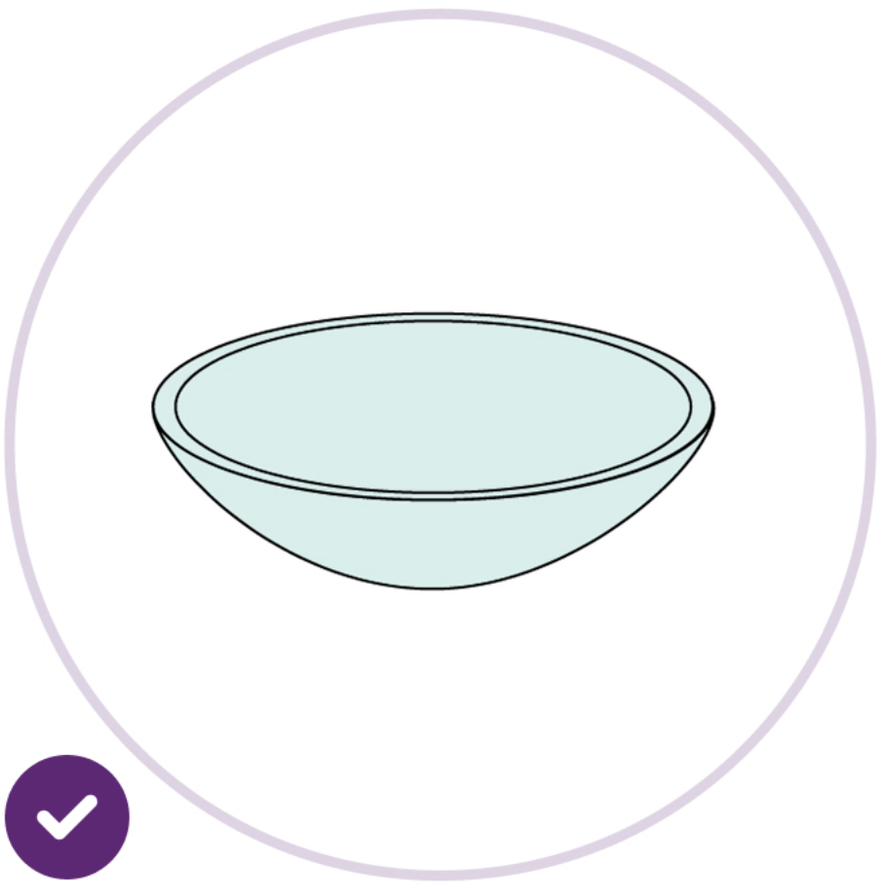
Place your finger on the lens and **lift vertically** out of the solution.



It doesn't matter which finger you use, but try using your **index finger** first.

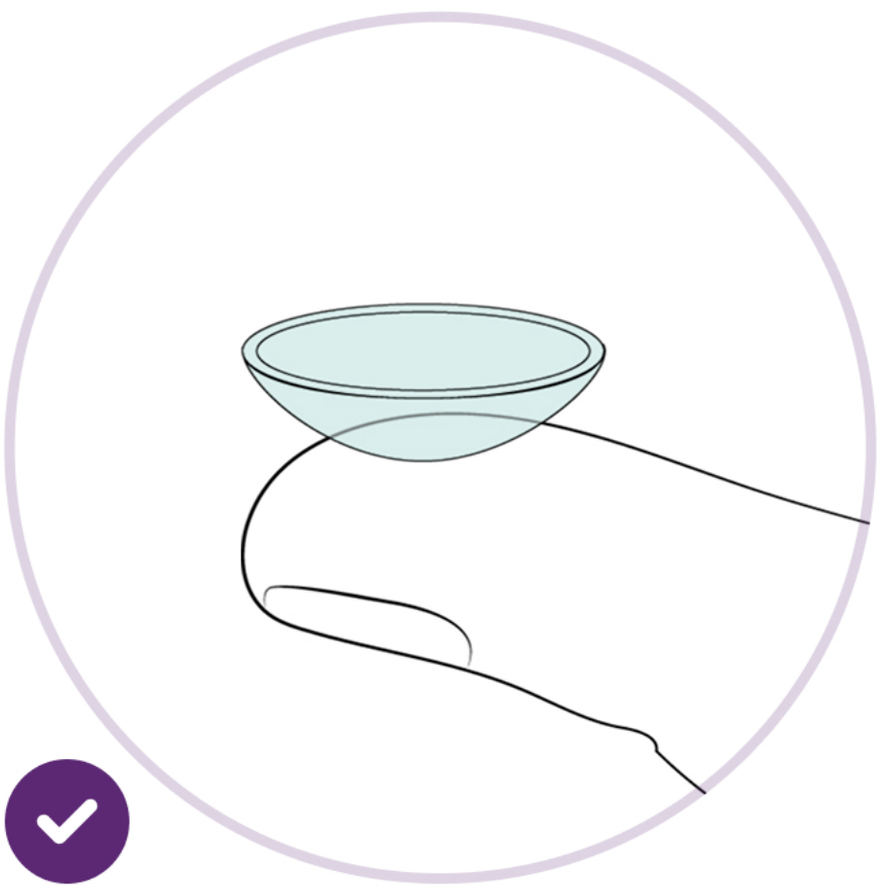
Always *inspect* before applying.

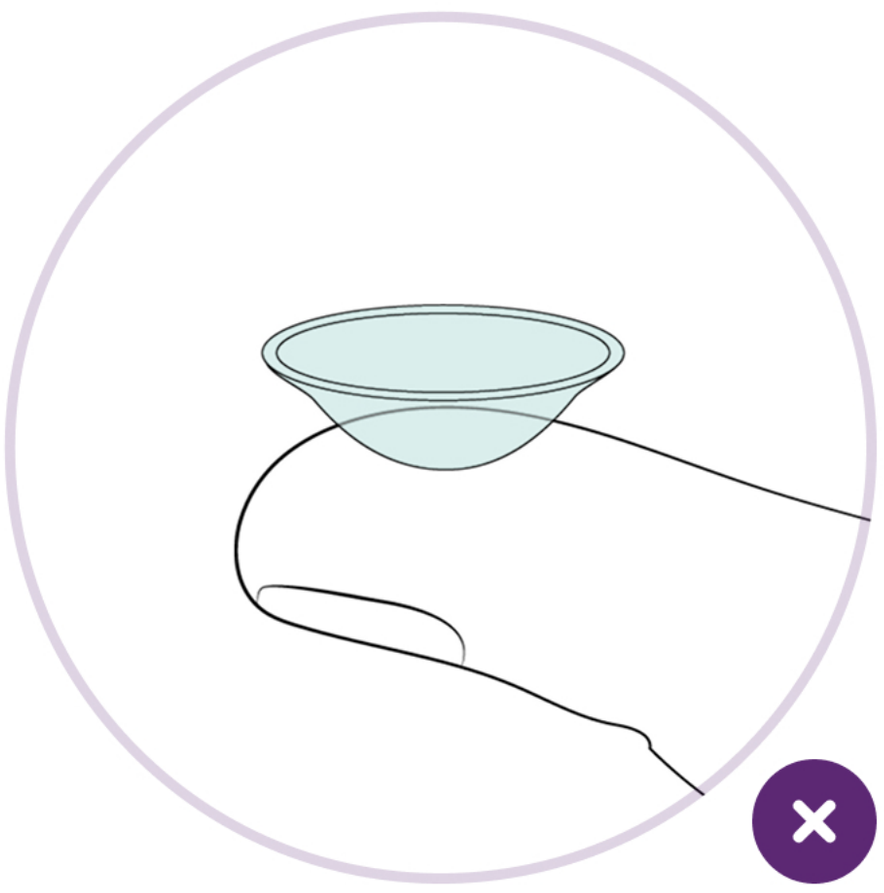
Place the soft contact lens on the tip of your finger and inspect it closely.





***Never* apply a damaged lens to your eye.**
If notice any dust on the lens, rinse with your solution as necessary.



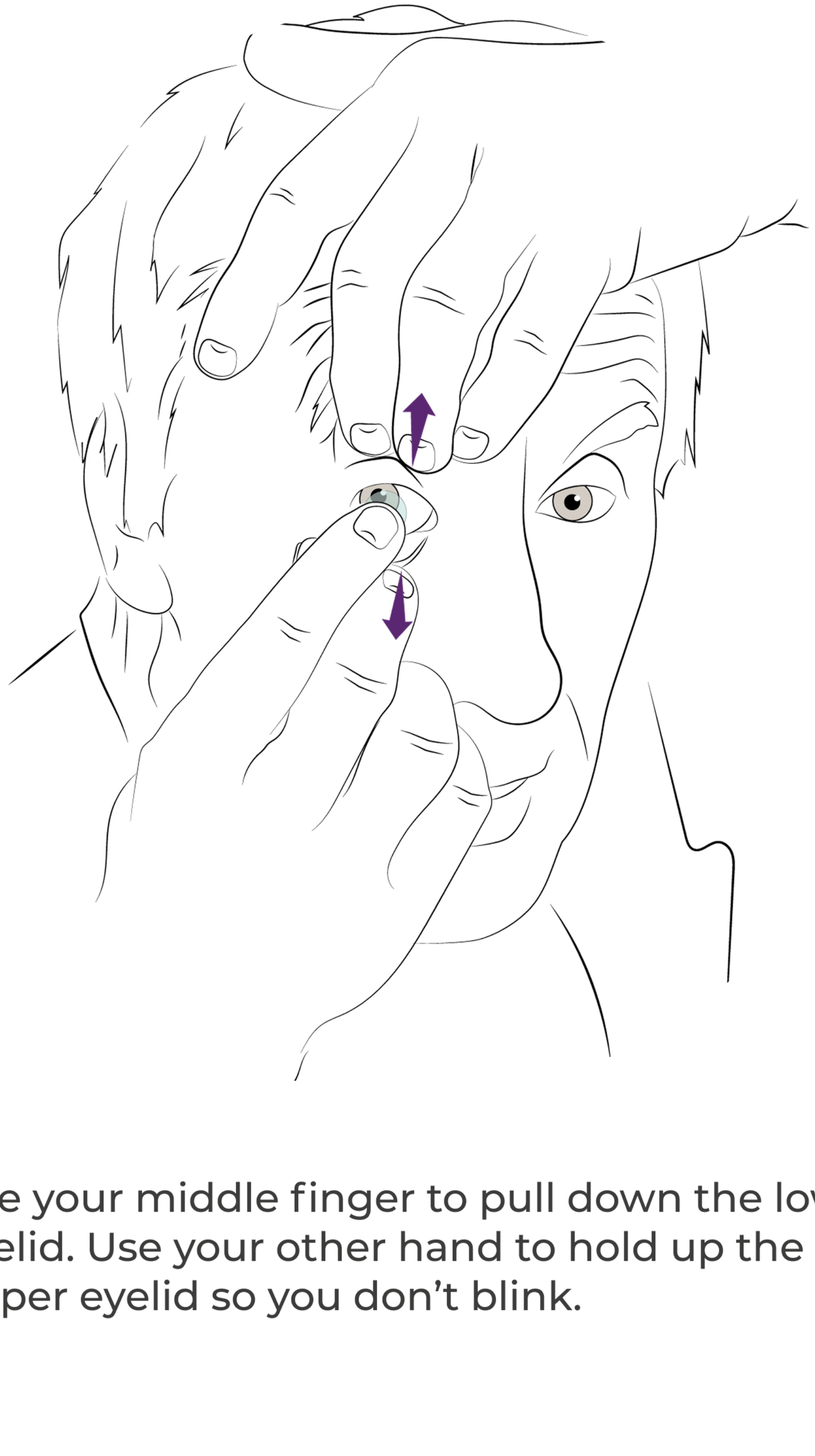


Make sure your lens is *not* inside out.
Your soft contact lens should have a regular *semi-circle shape*.
If the edge of the lens has a lip, place the lens in your palm, add a few drops of solution, and gently turn the lens the right way round.

Applying your lenses.

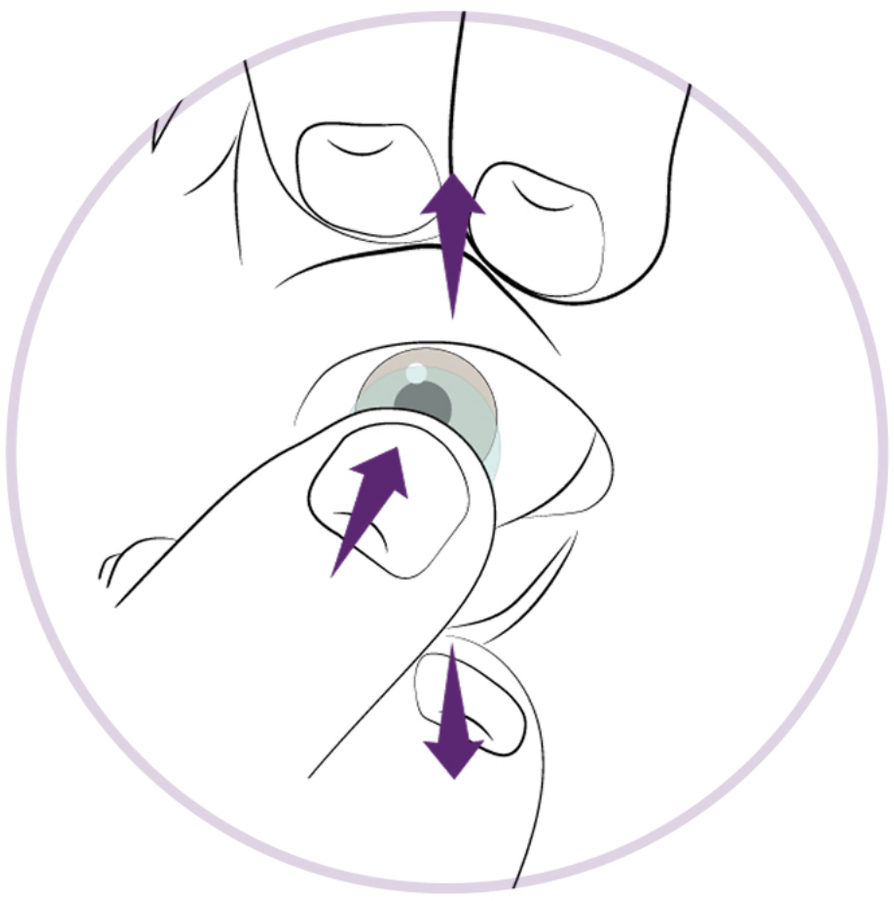
Always start with the right eye.

Place the soft contact lens on the tip of your index finger & bring it close to your eye.



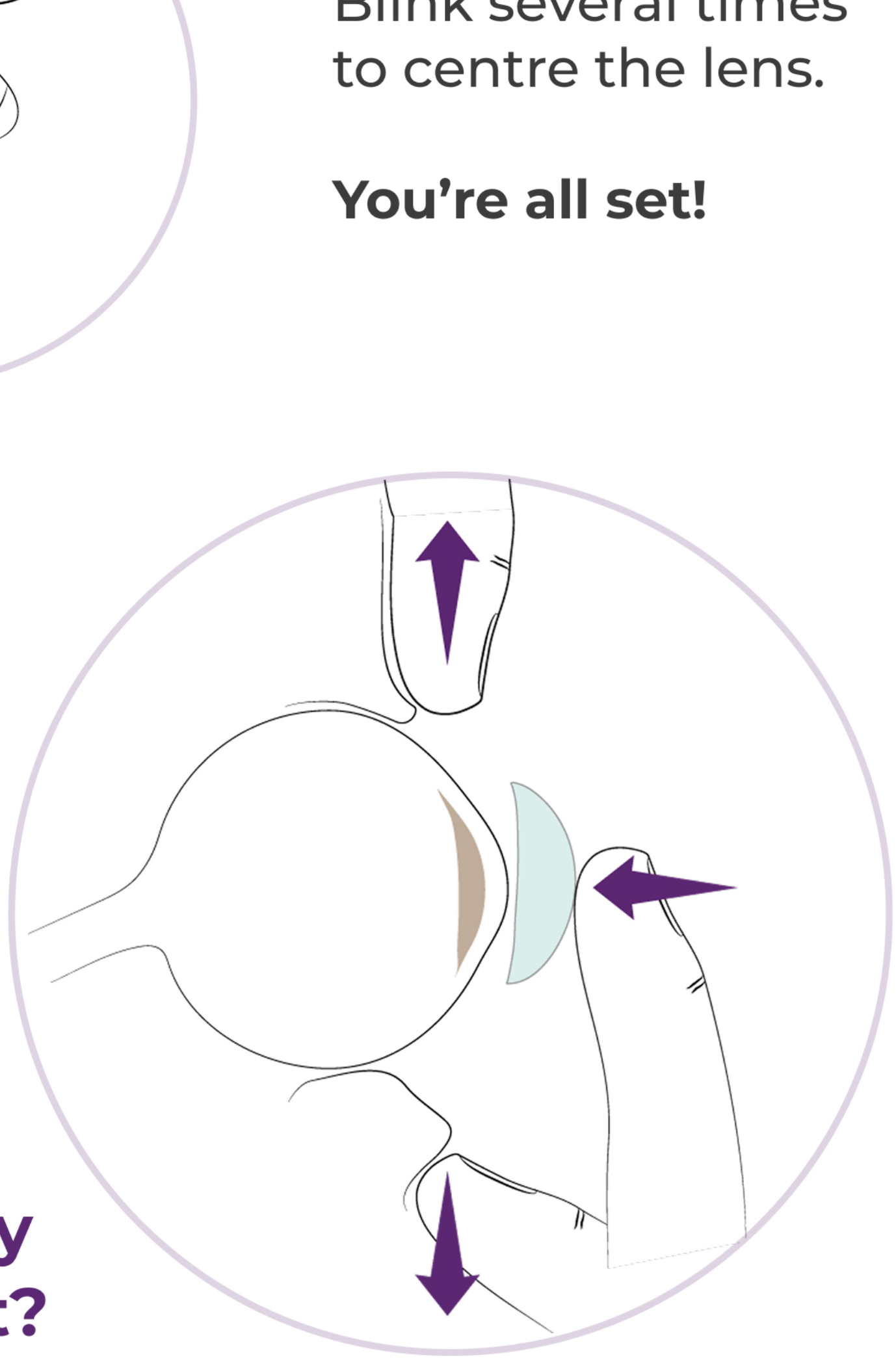
Use your middle finger to pull down the lower eyelid. Use your other hand to hold up the upper eyelid so you don’t blink.

Look ahead and place the lens on your eye.
Slowly release your eyelids and close your eye for a moment.



Blink several times to centre the lens.

You’re all set!



Feeling any discomfort?

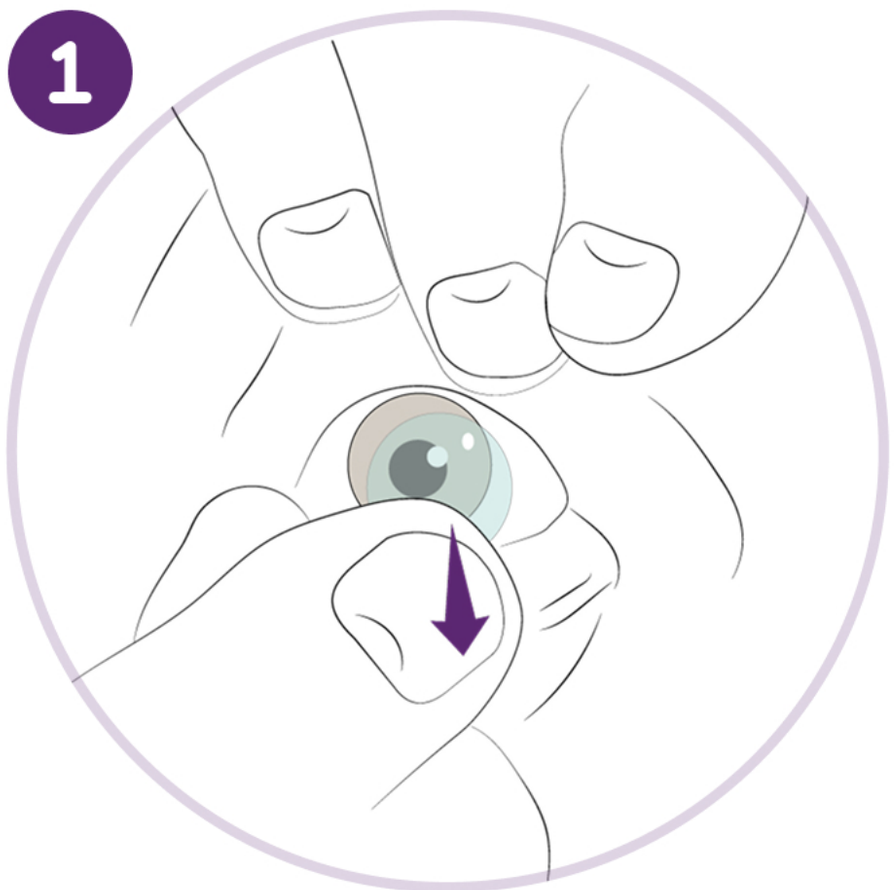
If your lens feels uncomfortable, move the lens completely off centre, blink gently, and use your eyelids to re-centre.

If your lens still feels uncomfortable remove it and inspect it. If it’s damaged, discard it. Otherwise, rinse with more solution and re-apply.

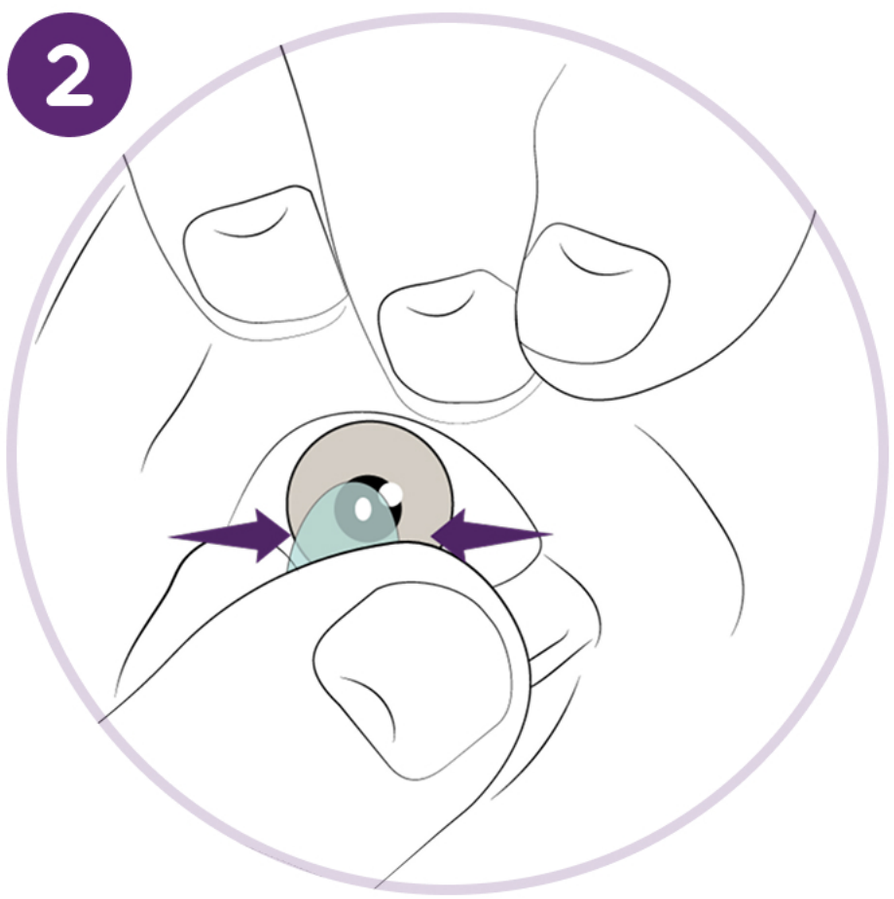
Removing your lenses.

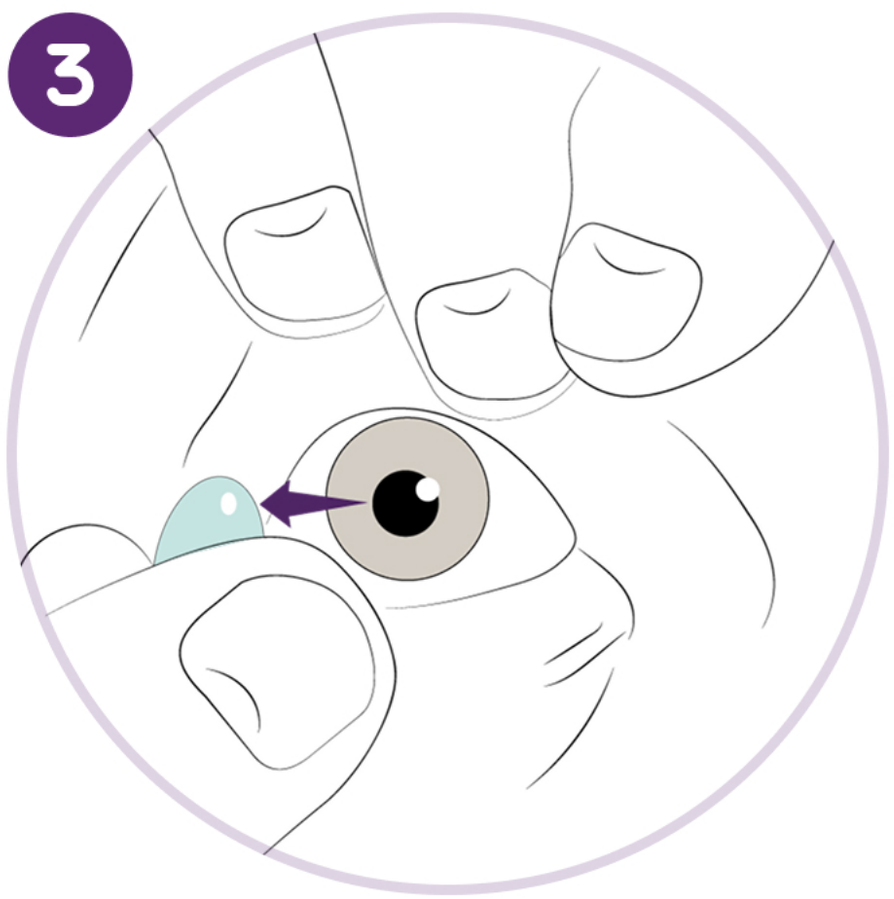
To avoid mixing up your contact lenses, always apply and remove them in the same order.

Start by washing and drying your hands.
Hold your eyelids back to avoid blinking.



Use your index finger to slide the lens down to the lower part of your eye.





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

Always use a quality cleaning solution to clean your lens. **Never use water.**



Place the contact lens in the palm of your hand.

Squirt one or two drops of cleaning solution onto the lens. Rub the lens with your finger for 10-15 seconds to remove debris.

Cleaning your lens & case.

After removing your lens, place it in your contact lens case and close lid.



Always use a contact lens case to store your lens.

After applying your lenses, rinse your case and its cover with solution and dry.

If in *doubt*, take your lenses out!

✕ Dont's

- **Do not** let water get in contact with your lenses or case. Speak to your optometrist about swimming and showering in soft contact lenses.
- **Do not** handle your lenses with sharp nails.
- **Do not** wear your lenses longer than advised by your optometrist.
- **Do not** ignore any problems or discomfort with your lenses.
- **Do not** re-use the solutions in your lens case.
- **Do not** sleep in your soft contact lenses unless directed to do so by your optometrist.

✓ Do's

- **Do** stop wearing your soft contact lenses if your eyes become red or sore.
- **Do** insert your contact lenses before applying any makeup to your eyes.
- **Do** dispose of your lenses after the recommended period.
- **Do** use medically recommended cleaning solutions to clean and store your contact lenses.
- **Do** clean your lens case on a regular basis and allow it to dry.
- **Do** replace your lens case every other month.
- **Do** return for your routine contact lens aftercare appointments recommended by your optometrist.

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