

A Guide To Good Lens Wear & Care *Habits*



- 1** Always wash and dry your hands thoroughly before handling the contact lenses. To avoid confusion, always start with the same eye.



- 2** Place the lens on the palm of your hand. Apply at least 3 drops of multi-purpose solution to each lens surface.



- 3** Gently rub the lens using a circular motion for at least 10 seconds.



- 4** Repeat this procedure for the other side of the same lens.



- 5** Place the lens in the lens case.



- 6** Fill the vial with fresh multi-purpose solution. Then screw the cap tightly. Repeat the procedure with your other lens.



- 7** Refer to the usage guidelines of your specific brand and allow lenses to soak accordingly as per the hours required. For ultimate comfort, rinse the lenses with multi-purpose solution prior to inserting into your eyes.



- 8** After wearing contact lens, discard remaining solution from the lens case and then rinse it with fresh multi-purpose solution. Leave case open to air dry.