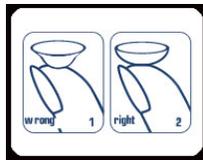


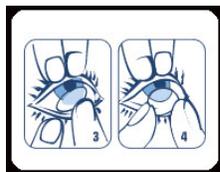
SOFT CONTACT LENS INSERTION AND REMOVAL INSTRUCTIONS

Insertion

1. Wash, rinse, and dry hands thoroughly. Washing with liquid antibacterial soap is recommended.
2. Scoop out the lens from its case. To transfer the lenses from one hand to the other, pinch the edges so that the lens is folded in half.
3. Place *wet*, clean lens onto the tip of your *dry* pointer finger of your writing hand. (You will be using your writing hand to insert lenses into both eyes.)
4. Hold up lens to see if lens is properly oriented. All edges must be up.



5. Place the middle finger of the same hand close to your lower eyelashes and pull down the lower lid.
6. Use the forefinger or middle finger of the other hand to lift the upper lid.
7. Looking at the mirror, tuck your chin in and set the lens in the white of your eye underneath the iris. Keep eye wide open and try not to blink. *Angle and position the lens to make sure the whole lens' edge touches your eye.*



8. Release your finger slowly to make sure the contact has suctioned onto the eye.
9. Once on, look down, up, and side to side so the lens slides onto the iris. If needed, close eyelid and gently rub until the lens feels like it is in place.
10. Repeat steps 1-9 on the other eye.

Removal

1. Wash, rinse and dry hands thoroughly.
2. Look up at a 45 degree angle. *A mirror is not needed for removal procedure.*
3. Hold down the lower lid with the middle finger of your writing hand.
4. With the pointer finger on the same hand, slide lens to the lower part of the eye.
5. Pinch lens with thumb and forefinger to remove lens from the eye.
6. Repeat steps 1-5 on the other eye.

Lens Care Instructions

Your contact lenses are prescription devices to help you see better. They are designed to last a specific amount of time, whether it be a daily, monthly, or two week lens. Do not exceed the wearing schedule prescribed for you.

The most important task you must manage is keeping your lenses clean. **Always wash your hands before handling your lenses.** Clean, disinfect and store you lenses with solution prescribed. Only sterile normal saline solution and hydrogen peroxide should ever come in contact with your soft lenses. Please remember the great majority of the problems we see with contact lenses are due to improper cleaning and handling.

Proper care is necessary for successful wear and good eye health. It is healthiest for your eyes and best for your lenses to take them out every night to give your eyes the oxygen they need. **Sleeping in your lenses increases the risk of eye infections and serious corneal injuries.** The longer you keep them in the greater the risk.

Note: Like any prescription, contact lenses must be monitored on a regular basis. How well your eyes adapt to your lenses is the key factor in determining wearing time. Professional follow up care is the most important element in successful long-term lens wear. Please keep your scheduled appointment.

Clean your lenses with:



- Opti-Free Clear Care Simplus

Additional drops or solutions: _____

Wearing Schedule:

- Wear 6 hrs 1st day then increase 2 hrs per day up to 12-4 hrs per day
- Wear 4 hrs 1st day, then increase 2 hrs per day up to 12-14 hrs per day
- During sleeping hours 1st night wear lenses in the next morning
- Full time Daily wear 12-14 hours per day
- Other: _____
- _____

Replace Your Contact Lenses:

- Day 2 weeks 1 month 3 months
- 6 months Year

Next Appointment:

If you experience discomfort, redness, extreme sensitivity to light, blurry vision, pain or any other ocular related signs or symptoms, you should remove your contact lenses immediately and notify this office as soon as possible at (407) 971-1001

Helpful Hints:

- Follow your doctor's instructions and call the office if you have any questions.
- Report for regularly scheduled follow up care. Follow up care is of optimum importance and it is the patient's responsibility to schedule and keep appointments.
- Always thoroughly wash, rinse, and dry hands before handling lenses.
- Clean your lenses after wear and before storage to avoid build up of tough protein deposits and oily films that are difficult to remove.
- Be thorough but careful while cleaning a lens; they tear, chip or crack.
- Use fresh solution in the storage case each night. Be sure lenses are completely covered with solution when storing in the case.
- Rinse the storage case wells out with warm tap water then with saline after each use and let air dry with the covers off.
- Sit or stand close to sink or table while inserting a lens; that way it cannot go far or land on floor if it is dropped.
- Re-clean lenses that have dropped on the floor or on your clothes.
- Always close the drain when working near a sink. A dark face cloth or towel may also be used to cover the drain.
- Wear eye protection now that you wear contact lenses. Racket sports, hockey, etc., demand safety eyewear to avoid serious trauma to the eye.
- Avoid contact with sprays or aerosols (hair sprays, deodorants, spray paint, oven cleaner, etc.). Apply all cosmetics after inserting contact lenses, including lotions and foundation as well as eye cosmetic such as mascara and eye shadow.
- Avoid harmful vapors and fumes especially in work areas while wearing lenses. Wear safety glasses; work under a hood. Inform your employer that you wear contact lenses so that they can recommend safety eyewear if necessary.
- Use caution when adjusting to temperature extremes such as ovens, fireplace, freezer or sub-zero weather.
- Keep a storage case and a small bottle of lubricant or saline with you at all times for emergency use.