SPECIAL INSTRUCTIONS

Wearing Schedule

Day 1 ______ hours  Day 5 ______ hours
Day 2 ______ hours  Day 6 ______ hours
Day 3 ______ hours  Day 7 ______ hours
Day 4 ______ hours  Week 2 ______ hours

Extra Instructions

____________________________________
____________________________________
____________________________________
____________________________________

For more information visit www.contactlenses.org

AVOID CONFUSION!
To avoid mixing up your contact lenses, get into a routine and always start with the same lens when you apply, remove or care for them.

KEEP IN TOUCH!
GP contact lens wear is extremely safe, but if you notice any redness, mucous, mattering or if you experience pain or a change in your vision remove your contact lenses and call your contact lens professional’s office immediately. They will guide you on your next steps.

Compliments of the Eye Care Professionals at:
LENS CENTERING
Occasionally, the lens may become displaced on the eye and may need to be recentered.

STEP ONE
First, locate the GP lens. If you can’t see it in a mirror, you should be able to feel the outline of the lens through your closed eyelid.

STEP TWO
Look in the opposite direction. So, if the lens is by your ear, look at your nose. If it is under your upper lid, look down.

STEP THREE
Place your fingertips over the soft edge of your eyelid and gently push behind on the outer edge of the lens to guide it back into the correct position.

LENS REMOVAL
STEP ONE
Place your right index and middle fingers in the outer corner of your right eyelid.

STEP TWO
Still looking straight ahead, gently but firmly, pull straight back making the edges of the eyelids tight against the eye.

STEP THREE
Blink hard and the lens will pop out. You may catch the lens in the palm of your hand or let it fall onto a smooth, flat surface covered with a towel. To remove the left lens simply reverse your hands.

LENS APPLICATION
STEP ONE
Gently remove the right GP contact lens from the case, place it on the tip of the right index finger, bowl side up and inspect it to make certain there are no chips, cracks or debris on the surface.

STEP TWO
Reach over and hold the upper lid with the left hand and the lower lid with the middle finger of the right hand.

STEP THREE
Look straight ahead, keep both eyes open and gently place the GP lens directly over your pupil. Release the lids and the lens is in place! To apply the left lens, just reverse the hands.

DON’T FORGET THE CASE!
The case itself can be the source of bacteria, so it needs to be cared for as well. After removing your GP lenses from the case, be certain to rinse it with hot tap water and allow it to air dry. The case should also be replaced monthly.

EASY ALTERNATIVE
LENS REMOVAL
STEP ONE
To remove your right lens, place your middle finger tight against the upper lid.

STEP TWO
Place the middle and forefinger of your other hand tight against your bottom lid.

STEP THREE
Gently push the fingers against the eye and move your fingers outward toward your ear. The lids will tuck underneath the edges of the lens and lift it off of the eye. Or, you can move your fingers together instead of pulling them to the side.

USE FRESH SOLUTION!
Using old solution or topping off the solution can create an environment that is filled with bacteria. And you don’t want your contact lenses swimming with bacteria!

HYGIENE FIRST!
Before you handle your contact lenses, it is always important to wash and dry your hands. Wash your hands thoroughly with a mild soap that doesn’t contain moisturizers and dry them completely with a clean, lint free towel.