

READ INSTRUCTIONS!



Every care system has different instructions. Be sure to carefully follow the directions provided by your contact lens professional because some solutions require a separate rinse in the morning while others allow the lens to simply be applied to the eye.

CARING FOR YOUR CONTACT LENSES

Once your contact lenses are removed, they need to be cleaned to remove mucous, protein, and debris that build up on the lens surface during the day.

STEP ONE

Place the contact lens in the palm of your hand and apply a few drops of the cleaning solution recommended by your contact lens professional. Gently rub the lens in a back and forth motion making sure not to rub the lens too hard.

STEP TWO

Rinse the cleaner off with an approved rinsing solution.

STEP THREE

Fill the contact lens case with fresh conditioning or storage solution and store your GP lenses overnight.



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.

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

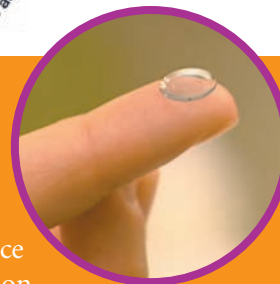
Extra Instructions

For more information visit www.contactlenses.org



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:

GP Lenses



care & handling

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.



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.



LENS CENTERING

Occasionally, the lens may become displaced on the eye and may need to be recentered.

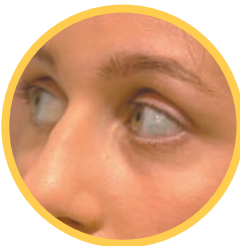


STEP ONE

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.



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

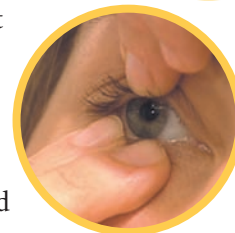
STEP ONE

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!

