



Adaptation guide for soft CL users

How to put on the contact lens:

1. Before touching your eyes or contact lenses. Rinse and dry your hands properly with a paper towel.
2. Verify that the lens is not upside down. To see which is the correct side, put the lens on the tip of your finger and hold it close to the light. If the edges are out, it is upside down. If it's cup shaped with smooth edges, that's fine.
3. With your other hand, carefully lift your upper eyelid so you can not blink.
4. Carefully lower your lower eyelid with the other fingers of your hand.
5. Bring the contact lens toward your eye, do it with calm and firmness. It can help you look up when you put it on your eye.
6. Carefully release the eyelid and close the eye for a moment to allow the lens to settle.
7. Follow the same steps for the other eye.

How to remove the contact lens:

1. Before touching your eyes or contact lenses. Rinse and dry your hands properly with a paper towel.
2. Start with the right eye to not mix the lenses.
3. Look up at the roof and lower your lower eyelid carefully with the middle finger of your hand.
4. Bring your index finger close to your eye until you touch the bottom edge of the lens.
5. Slide the lens to the white bottom of the eye.
6. Grasp the lens between your index finger and thumb gently, and remove it.
7. Remove the left lens in the same way.
8. Discard the daily disposable lenses. Cleans and disinfects reusable lenses.

Precautions during use

- Wash your hands before handling the lenses both during insertion and removal.
- Follow the instructions in the maintenance fluids and replace the lens cases frequently. Always use the maintenance fluid recommended by your optician.
- Never use tap water to preserve or rinse the lenses or the case.
- Don't use the contact lenses for sleeping unless your contactologist approves to do so. The design and material of contact lenses are decisive for this type of use.
- Bathing with contact lenses is not recommended. Talk to your contactologist about using daily disposable lenses and goggles.
- Don't use your contact lenses in periods of stationary allergies.
- If you detect discomfort with your contact lens, remove it and rinse it with a single solution saline, if when you insert it again you still have discomfort, remove it definitively and see your contactologist.
- Take an appointment each_____
- Replace your contact lenses every_____