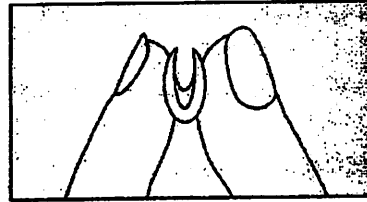


HANDLING THE LENSES (soft)

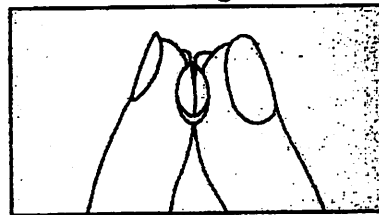
Develop the habit of working with the RIGHT lens first to avoid interchanging your lenses.

Remove the lens from its storage case and examine it to be sure that it is moist, clean and free of any nicks or tears.

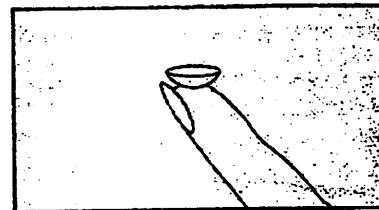
Before placement on your eye, check to see that the lens is not inside out. This can be done by gently compressing the lens between the thumb and index finger. If the edges are erect and point lightly inward when you bend the lens, it is in the correct position.



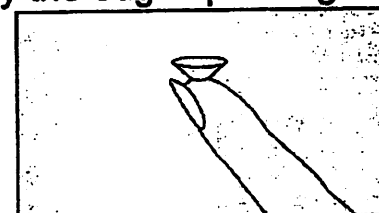
If the edges turn outward, folding back on the fingers, it is inside out and must be reversed.



After gaining handling experience with our lenses, you should be able to determine whether the lens is inside out by simply placing it on the tip of your index finger and checking its profile. The lens should assume an erect, bowl-like shape.



If it appears to have a 'lip' formed by the edges pointing outward, it is inside-out and must be reversed.



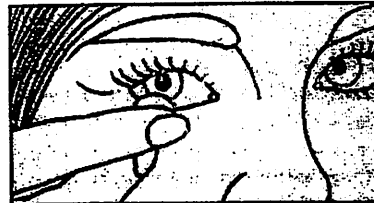
PLACING THE LENS ON THE EYE

A good way to be successful in placing your soft lenses on your eyes is to read the instructions and then act out each step without actually using a lens. This practice will provide you with a good idea of the finger positions and the pressure you must exert on the eyelids to actually insert the lenses. You should also practice guiding your index finger (which will soon hold the lens) to your eye while holding your upper and lower lids apart (Step #4).

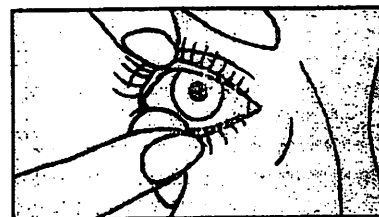
When you have thoroughly washed, rinsed, and dried your hands, inspected the lens, and gone through a few practice runs of the instructions below, you are ready to actually apply the RIGHT lens.

1) Place the lens on the tip of the right index finger (left index finger if you are left handed). Make sure the index finger is dry (otherwise surface tension from the moisture will prevent the lens from being transferred from the finger to the eye).

2) Pull the lower lid of the eye downward with the middle finger of the right hand.



3) Pull the upper lid of your eye upwards with the middle finger of the left hand.



4) After concentrating momentarily on the lens to assure its position directly in front of your eye on the index finger, look straight ahead and gently place the lens directly on the cornea.

5) Look down and slowly remove your right hand, releasing your lower lid.

6) Look straight ahead and slowly remove your left hand, releasing the upper lid.

7) If there is an initial foreign body sensation, look toward your nose and slide your lens off the cornea. If the foreign body sensation persists, remove the contact lens and contact us for a follow up appointment.

8) Check to be sure that the lens is centered properly by covering the left eye with your hand. If your vision is crisp and clear, the lens is in its proper place.

9) Apply the LEFT lens by following the same procedure.

There are other methods of lens placement. If the above method is difficult for you, we will provide you with an alternate method.

Note: If after placement of the lens, your vision is blurred, check for the following:

- ❖ If the lens is not centered on the eye then review the "Centering the Lens" section.
- ❖ If the lens is centered, remove the lens (see "Removing the Lens" section) and check for the following:
 - a) Cosmetics or oils on the lens. (Clean and place on the eye again.)
 - b) The lens is wrong eye.
 - c) The lens is inside out - it would also not be as comfortable as normal.

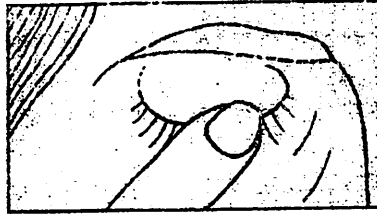
If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult us.

CENTERING THE LENS

Very rarely, a lens that is on the cornea will be displaced onto the white part of the eye during lens wear. This can also occur during the placement and removal of the lenses if the correct techniques are not performed properly. To center a lens, follow one of the following procedures.

1) Look in the direction of the displaced lens - the lens should automatically move toward the center of the eye and assume the correct position or

2) Close your eyelid and gently massage the lens into place through the closed lid, using your index finger.



3) Gently push the off-centered lens onto the cornea while the eye is open, using finger pressure on the edge of the upper/lower lid.

REMOVING THE LENS (RIGHT lens, then LEFT lens)

1) Wash, rinse, and dry your hands thoroughly.

2) Make sure that the lens is centered on the eye.

3) With your head straight, look upward as far as you can.

4) Place your middle finger on the lower eyelid on your RIGHT eye and pull the eyelid down, then touch the lower edge of the lens with the tip of your index finger.



Do not use tweezers or other tools to remove a lens from a lens container. The lens should be poured into a clean hand. This lowers the risk of infection and tearing of the lens.

ADVERSE EFFECTS

The following symptoms may occur:

- eye pain
- eyes sting, burn or itch (irritation)
- comfort is less than when lens was first placed on eye
- feeling of something in the eye or scratched eye
- excessive watering (tearing) of the eyes
- unusual secretions
- redness of the eyes
- reduced sharpness of vision (poor visual acuity)
- blurred vision, rainbows, or halos around the objects
- change in sensitivity to light (photo phobia)
- feeling of dryness

If any of the above symptoms occur:

IMMEDIATELY REMOVE THE LENSES!!

1) If the discomfort of problem stops, then look closely at the lens.

2) If the lens has dirt, an eyelash or the problem stops and the lens appears undamaged, thoroughly clean, rinse and disinfect the lenses; then reinsert them.

3) If the above symptoms continue after removal or upon reinsertion of the lens, the lenses should be removed **IMMEDIATELY** and you should contact us. A serious condition such as infection, corneal ulcer, corneal vascularization, or iritis may be present, and may progress rapidly. Less serious reactions such as abrasions, epithelial staining and bacterial conjunctivitis must be managed and treated to avoid complication.

products and avoid all oily, creamy items. Water based versions of all makeup formulations are available. Many companies specialize in this sort of cosmetic (Almay, Clinique, Allercreme, etc.) As many women are allergic to fragrance ingredients look for unscented versions of your favorite products.

OTHER BEAUTY AND HYGIENE PRODUCTS: Aerosol products such as hairspray, deodorant, cologne, etc., should be used before lens insertion. If you must use hairspray with your lenses on, be sure to keep your eyes closed and immediately walk out of the area as the spray remains in the air for a prolonged period.

Apply and remove nail polish after handling your lenses.

If, despite all precautions, you get something in your eye while applying makeup, rinse your eye with your lens lubricant or saline. If irritation persists, remove the lens and clean thoroughly. Still a problem? Remove the lens and call the office for further instructions.

DO NOT EVER:

- Share makeup products.
- Apply cosmetics to red, swollen eyes.
- Expose cosmetics to high heat.
- Reuse applicators for mascara or eyeliner.
- Use saliva or tap water to "stretch" items.
- Apply eye makeup while in a moving vehicle - you could accidentally injure your eye.
- Use a straight pin to separate your eyelashes. You could injure the cornea.
- Try more than one new product at a time if you are prone to allergies. Read the labels and avoid those containing thimerosal, lanolin, and fragrances.

PRECAUTIONS

- **Always wash your hands with hypoallergenic soap and rinse thoroughly before handling your lenses. Eye irritation may result if cosmetics, soaps, lotions, or deodorants come in contact with your lenses.**
 - **Avoid using aerosol products such as hair spray while wearing your lenses. If a spray is used, keep your eyes closed until you walk away from the area or until the aerosol spray settles from the air in about 10-15 minutes.**
 - **Always follow the lens care system recommended for your soft lenses.**
 - **Always work with lenses in a well lighted area, over a smooth clean surface, a table or counter top, never a sink.**
 - **Use only the recommended lens care solutions. Never use tap water, saliva, or anything other than the approved solutions.**
 - **Do not put lenses in a dirty or contaminated case. The case may be cleaned by washing with hot water, your contact lens cleaner, and rinsing thoroughly.**
 - **Daily wear lenses are not indicated for overnight wear and should not be worn while sleeping. Clinical studies have shown that the risk of serious adverse reactions is significantly increased when these lenses are worn overnight.**
 - **Always inform your employer that you wear contact lenses. Some jobs may require the use of eye protection equipment or may require that you do not wear contact lenses.**
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