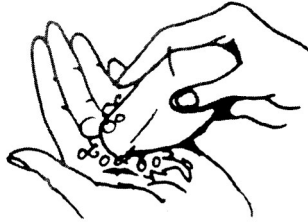


# INSTRUCTIONS FOR THE CARE AND HANDLING OF SOFT CONTACT LENSES

## 1. WASH UP



Before handling your lenses, wash hands, rinse well, and dry with a lint free towel. Fingernails should be short and smooth to avoid damaging the lenses or scratching your eye.

## 2. RINSE OFF



Remove lens from the case and rinse it well. To avoid possible mix-ups, take the right lens first each time.

## 3. INSPECTION



Place the lens on your forefinger to inspect it for cleanliness and determine if it's right side out.

## 4. INVERTED LENS



If the lens is in the correct position, the edges will appear almost straight up. When inverted, the lens edges will flare out slightly. This is often difficult to determine until you have a little practice.

## 5. INSERTION



- Hold the upper lashes (not the lid) to prevent blinking
- Pull the bottom eyelid down
- Focus on a steady point with the eye you are not putting the lens on
- Place the lens on the central cornea, not to the side
- Don't blink until the lens is in place.

## 6. EYEDROPS



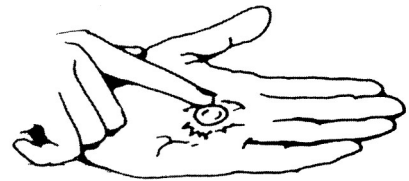
One or two drops of lens are recommended if your lenses feel dry, or if blurry vision occurs while wearing. Eye drops may also be helpful prior to removal if your lenses dry or sticky.

## 7. REMOVAL



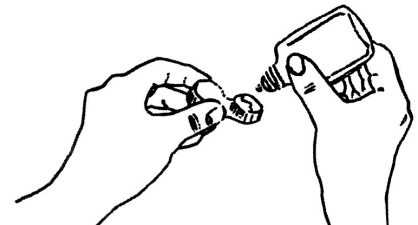
Wash hands before removal. Slide the edge of your lens down onto the white part of your eye. Then gently squeeze the lens between your thumb and forefinger to remove.

## 8. CLEANING



Your contacts must be cleaned after wearing. Place the lens in your palm, put a drop or two of cleaning solution on it and rub in a straight back and forth motion.

## 9. CLEAN CASE DAILY



Before storing your lenses overnight, rinse your case well with hot tap water and refill with fresh solution.

*If you have any concerns or questions about handling or fitting contact lenses please feel free to contact our office  
ph. 617-523-3639 e-mail: [drlamalvaeyecare@gmail.com](mailto:drlamalvaeyecare@gmail.com)*