

5. Do wear lenses according to the wearing schedule given to you.
6. Do remove, wet and reinsert the lenses at least once a day after about 7-8 hours of wear.
7. Do carry your lens case and solution everywhere (will require in case of Emergency).

Don't

1. Don't use the lens beyond the recommended period of time.
2. Don't sleep with your lenses on.
3. Don't wash lenses in hot water (as they could possible warp).
4. Don't insert lenses over a sink (chance of losing them).
6. Don't scrape the lens when fallen on ground. Pick it up with wet fingers.

Precaution :

1. Handle your lenses with finger tips avoiding contact with finger nails.
2. Store lens and solution at room temperature and keep out of the reach of children.
3. Stop using contact lens in case of eye infection or allergy.
4. Get a proper eye examination or consultation at least once every 6 months of according to the scheduled recommended by your eye care practitioner.
5. Don't use non-sterile solution such as tap water, mineral water or saliva to rinse, clean or store your contact lenses.
6. Your can swim wearing a contact lens on with a tight swimming goggles on.

OFF DAY; don't wear contact lens for 1 day in a week.

National Institute of Ophthalmology, 1187/30 Off Ghole Road,
Near Mahatma Phule Museum, Shivaji Nagar, Pune - 411005. India.
Phone : +91-20-25536369, 41460100. Fax : +91-20-25534572.
Email : administrator@nioeyes.com

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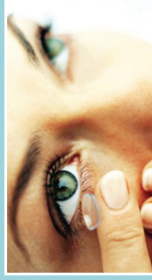
Insertion and Removal of Contact Lenses:

Lens Insertion:

1. Place the wet, clean lens on the tip of the index finger of your dominant hand. Be sure the lens is correct side out. The edges should face upwards (cup shape), and not outwards (saucer shape).



2. Pull down the lower lid with the middle of the same hand. Use your other hand to hold the upper lid (along with lashes) firmly open.



3. Look directly at the lens or into a mirror and place the lens directly on cornea (Black portion of eye).
4. Release your lower lid first and then slowly Release your upper lid look down and blink normally.

IF ABNORMAL DISCOMFORT IS FELT -

Remove lens and check it is not inside out.

IF DISCOMFORT PERSISTS -

Remove lens immediately and seek advice from your eye care practitioner.

LENS REMOVAL:

1. Look up and pull the lower lid down with the middle finger of your dominant hand.
2. Place your index finger on the lower edges your lens and slide the lens down to the white of your eye.



3. Squeeze the lens lightly between your finger and thumb and remove gently.

4. **Simple steps to make your lenses worry free** Right lens care regimen doesn't take up a lot of your time. In fact it is a simple 1-2-3-4 steps that takes less than 5 minutes a day!

STEP 1

Wash your hands with soap and dry them with a lint-free Free towel.

STEP 2

Put 3 drops of the Renu multi purpose solution on each side of lens surface and gently rub for 10 seconds on each side



STEP 3

Thoroughly rinse each side of the lens for 5 seconds with Renu to remove any loosened debris.

STEP 4

Place the contact lens in the clean case and fill with Renu

Fresh multipurpose solution soak the lenses in the solution for at least 4 hours. Remember always use fresh solution and never reuse solution on top up the solution.



Makeup and your contacts:

1. If you wear makeup, apply it after inserting your lenses.
2. If you use hair spray, insert contact lenses after applying the spray.
3. Remove your lenses first and then eye makeup.

Lens wear & care tips

Do's

1. Do be sensible about proper hygiene wash your hands thoroughly before handling the lenses.
2. Do clean your lenses after each day's wear and prior to place them in your soaking case.
3. Do keep your lenses wet all times, when not wearing the lenses they should be kept in a "soaking case" containing a contact lens soaking solution.
4. Do clean and rinse the lens case regularly (once in 15 days)