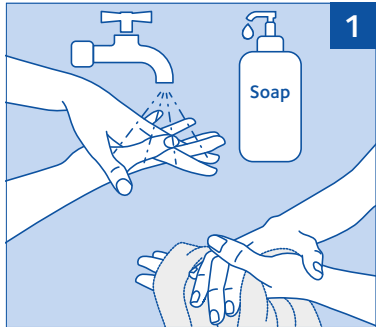


Your Every Day Contact Lens Hygiene Plan for Multipurpose Solutions

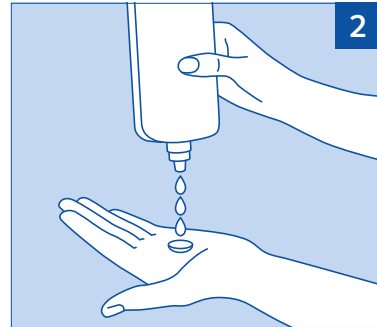


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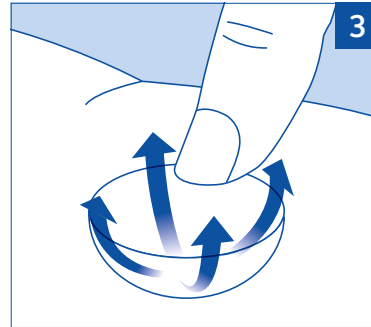
Steps when REMOVING your contact lenses



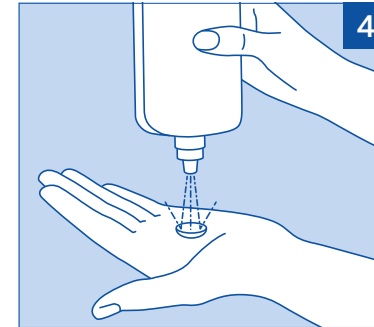
1
BEFORE handling your contact lenses wash and rinse your hands thoroughly, then dry with a lint-free towel.



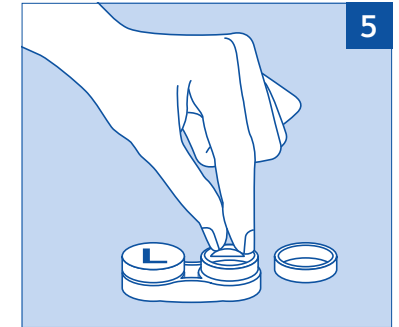
2
Remove the lens from your right eye, place in the palm of your hand and pour a few drops of multipurpose solution on each side of the lens.



3
Gently rub (from the centre to the edge) both sides of the lens with the tip of your forefinger for 15–20 seconds.

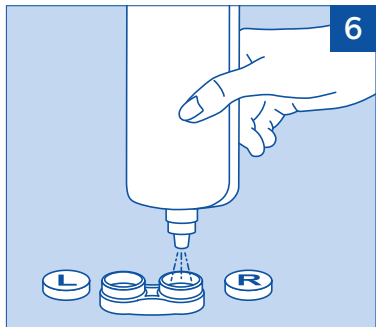


4
Thoroughly rinse each side of the lens with fresh multipurpose solution.

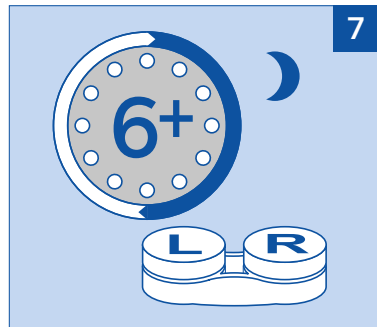


5
Place the lens in the right compartment of the case. Repeat steps 2 to 5 with your left lens.

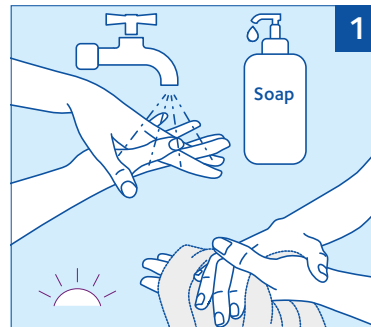
Steps when REMOVING your contact lenses



6
Fill the contact lens case with fresh multipurpose solution almost to the brim, to ensure the lenses are covered with multipurpose solution.



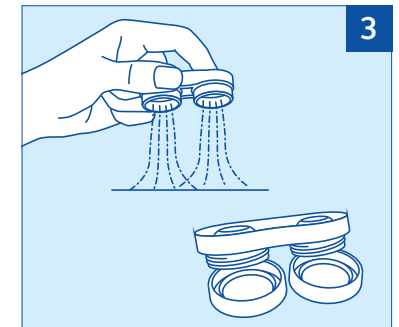
7
Securely tighten the caps of the lens case. Soak your lenses for at least 6 hours or overnight for proper disinfection.



1
BEFORE handling your contact lenses wash and rinse your hands thoroughly, then dry with a lint-free towel.



2
To improve the comfort and wettability of your lenses a few drops of fresh multipurpose solution may be applied to both surfaces of the lens prior to applying onto eye.



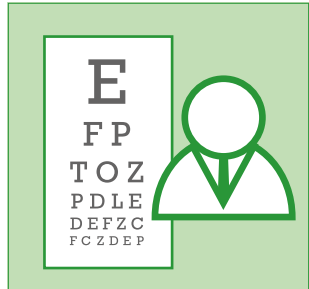
3
Discard all used, remaining multipurpose solution from the lens case. Rinse your lens case thoroughly with fresh multipurpose solution and leave to air dry.

Your Every Day Contact Lens Hygiene Plan for Multipurpose Solutions



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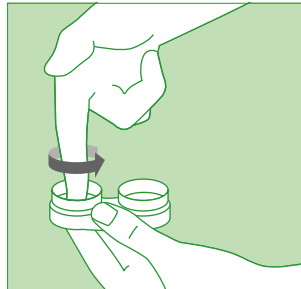
Always



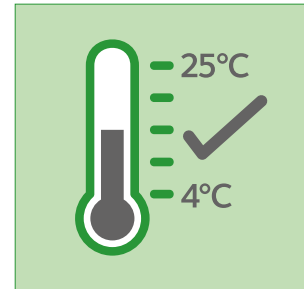
Always follow your Eye Care Practitioner's instructions about contact lenses and multipurpose solution use.



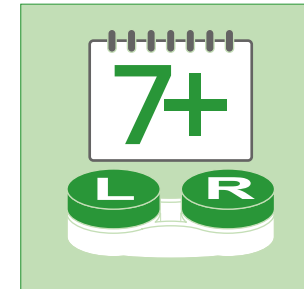
Always wash and rinse your hands thoroughly, then dry with a lint-free towel BEFORE handling your contact lenses. This is required to help prevent eye infections.



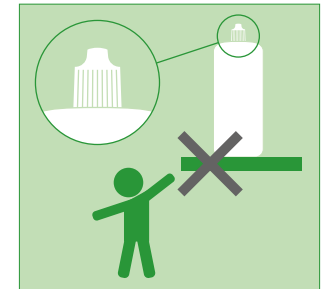
Always clean the lens case at least weekly by rubbing with fresh multipurpose solution. After cleaning discard the remaining multipurpose solution and rinse thoroughly with fresh multipurpose solution.



Always store the multipurpose solution bottle between 4°C and 25°C, away from direct sunlight.



Always repeat the cleaning and disinfection process if lenses have not been used and have been stored for more than 7 days.



Keep the multipurpose solution bottle tightly closed when not in use. Discard any remaining multipurpose solution three months after first opening. Keep out of reach of children.

Never



Never allow your contact lenses or lens case to come into contact with tap water, bottled water or saliva.



Never use your lenses for swimming, hot tubs or water sports.



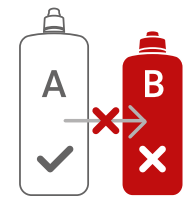
Never wear your lenses when showering.



Never use soap or detergents to clean your lens case.



Never reuse multipurpose solutions or use beyond their expiry date. Never use the lens case longer than recommended by your Eye Care Practitioner.



Never change from multipurpose solutions recommended by your Eye Care Practitioner. Never mix multipurpose solution with other fluids.