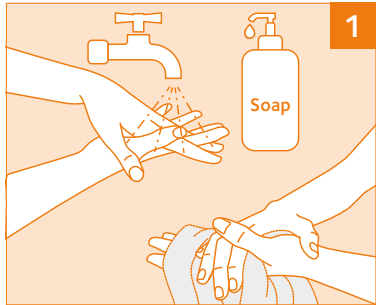


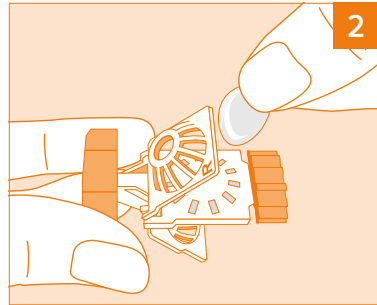
Your Every Day Contact Lens Hygiene Plan for One Step Peroxide Solution



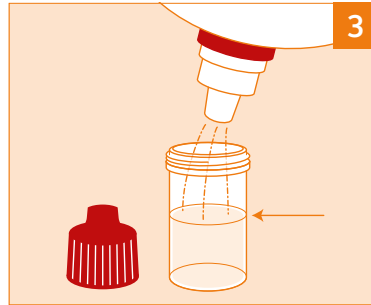
Steps when REMOVING your contact lenses



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



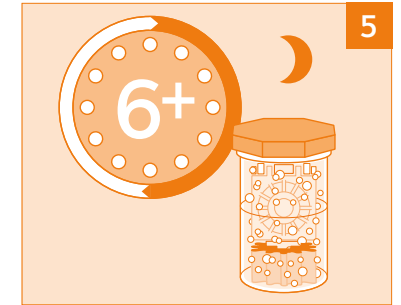
Remove the lens from your right eye and place into the right basket (marked: R) of the open lens holder. Carefully close the basket. Remove the lens from your left eye, place into the left basket and close it carefully.



Fill the lens case up to the marked line with fresh one step peroxide solution. Do not underfill or overfill the lens case.



Place the lens holder inside the lens case and close the cap securely (do not overtighten). The solution will start to bubble. Ensure the lens case is in an upright position and that your lenses are fully immersed.

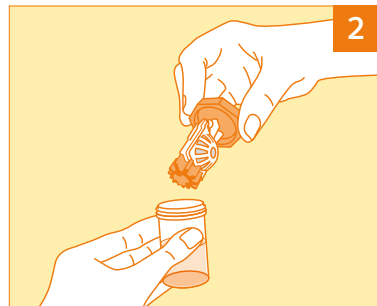


Allow your lenses to soak for at least 6 hours or overnight prior to applying onto the eyes. Do not shake the lens case or turn it upside down during the disinfection process.

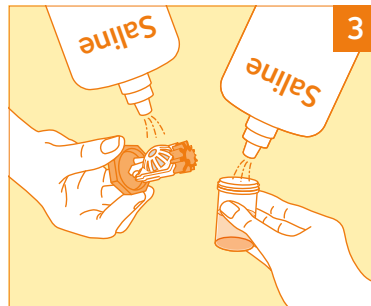
Steps when APPLYING your contact lenses



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



Only after a period of at least 6 hours of neutralisation, open the cap and take out the lens holder.



If required or recommended by your Eye Care Practitioner your lenses can be rinsed with sterile saline prior to insertion.



Immediately after applying your lenses onto your eyes, discard all used, remaining one step peroxide solution from the lens case, and leave it open to air dry.

Never



Never put one step peroxide solution directly into your eye.



Never rinse your lenses with one step peroxide solution prior to inserting onto your eye.

Your Every Day Contact Lens Hygiene Plan for One Step Peroxide Solution



CooperVision®

Always



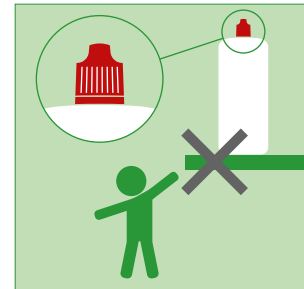
Always follow your Eye Care Practitioner's instructions regarding your contact lens and one step peroxide solution use.



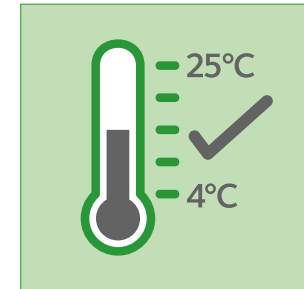
Always wash and rinse your hands thoroughly, then dry with a lint-free towel BEFORE handling your contact lenses. This is required to help prevent eye infections.



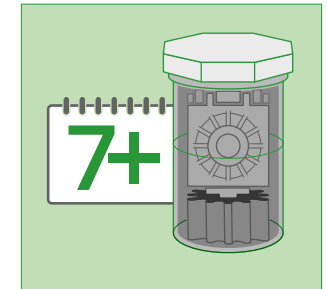
Always use the lens case containing the platinum disc neutraliser when using one step peroxide solution. Replace the case after 31 uses or one month of daily use.



Always keep the solution bottle tightly closed when not in use. Discard any remaining solution 3 months after first opening the bottle. Keep out of reach of children.



Always store the solution bottle between 4°C and 25°C.



Always repeat the cleaning and disinfection steps if lenses are not worn and stored in the lens case for more than 7 days.

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.



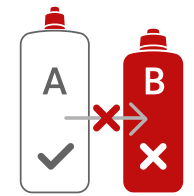
Never use soap or detergents to clean your lens case.



Never use a flat lens case with peroxide solutions.



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



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