

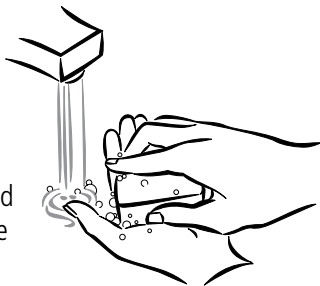
Instructions for the Care and Handling of Soft Contact Lenses



GroupHealth

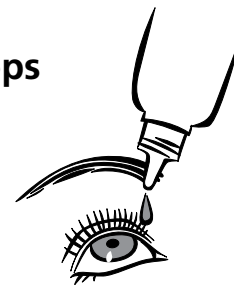
1 Wash your hands

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.



5 Lubricate with eyedrops

One or two drops of lens lubricant are recommended if your lenses feel dry or if blurry vision occurs while wearing. Eyedrops may also be helpful before removal if your lenses feel dry or sticky.



2 Rinse lens

Remove lens from the case and rinse it well. To avoid possible mix-ups, get in the habit of removing the right lens first every time.



6 Removal

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



3 Inspection of lens

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

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 had some practice.



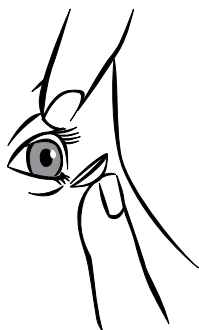
7 Cleaning

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.



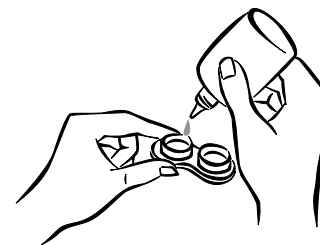
4 Insertion

- 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
- Do not blink until the lens is in place.



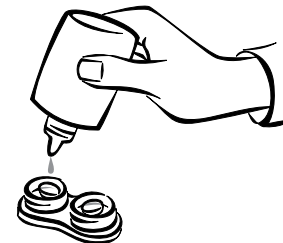
8 Clean case daily

After removing your lenses from the case, rinse your case well with contact lens solution and allow it to air dry before refilling with fresh solution.



9 Storage of lenses

When soft lenses are stored in the case, always immerse in the prescribed disinfecting or soaking solution.



Caution: Never store soft lenses in tap water, mineral water or anything other than sterile soft lens solution.