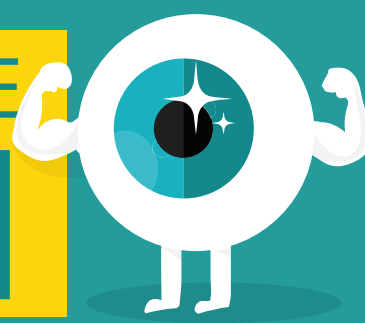


CONTACT LENS

HYGIENE 101



1 WASH HANDS before inserting

Wash your hands with unscented soap and dry them thoroughly with a clean towel before inserting and removing your lenses!!



2 Always clean previously worn lenses



Always clean previously-worn lenses both before insertion and after removal! To do this, using your index finger, gently rub and rinse both sides of the lens in your palm with the recommended solution for 20 seconds.



3 TACO TEST!



Ensure your contact lens is right-side-in (not inside-out) with the Taco Test!

Gently press on the edges of your lens with your thumb & your forefinger – the lens edges should fold vertically-upward, like a hard taco shell!

If you insert an inside-out contact it will be uncomfortable – remove it, flip it right-side-in, and reinsert it!



4 Store your contacts in contact solution

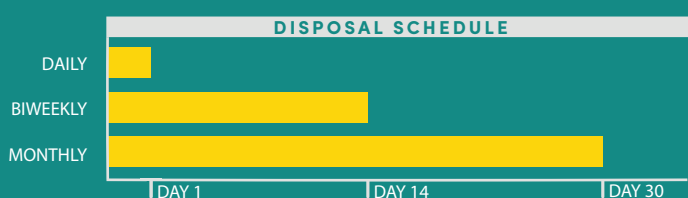


Store your biweekly & monthly contacts in a case with new contact lens solution when they aren't in use! Don't use anything other than contact lens solution to store your lenses, not even water!

- ▶ Empty and air-dry your contact lens cases when they are not in use!
- ▶ Do not "top up" your contact lens case – completely empty and refill it with new solution each day!
- ▶ Discard and replace contact lens cases every 3 months. We can provide you with new cases free of charge at GHF!

5 Discard & replace your lenses on time

Be sure to follow your lenses' replacement schedule, which starts as soon as you open your package!



6 Your contacts were custom made for you

Be sure to wear the type of contact lens that you were prescribed! Believe it or not, contact lens prescriptions can even vary between brands so be sure to stick with lenses that were fit to your eyes!



7 Give your eyes a rest

Always have a **BACK-UP PAIR OF GLASSES**, and give your eyes a break! You should wear your contacts a maximum of 12 hours per day and 6 days a week!



8 Don't bathe in your contacts and, if you swim, wear goggles

Never sleep or bathe in your contacts! If you swim in your contacts, always wear goggles and dispose of your contacts immediately afterwards!

