

**ALL YOU
EVER WANTED
TO KNOW ABOUT**

CONTACT LENSES



ACUVUE



**EYE HEALTH
ADVISOR**

Why wear contact lenses?

Contact lenses are an ideal alternative to wearing glasses. They can be extremely comfortable to wear, give excellent vision performance, are easy to handle and have transformed the lives of millions of people.

With contact lenses you can enjoy the freedom they give you, whether that is playing sports or having the confidence to leave the house without your glasses.

How to choose the right contact lens?

When you decide to go for a contact lens trial you should visit your Eye Care Professional and **ask for a trusted quality brand**. Your Eye Care Professional will ask you a few simple questions to find out what the best option is for your eyes and lifestyle.

They will then inform you about the options available and will complete some examinations before letting you try some lenses to ensure your eyes are suitable and healthy. Your Eye Care Professional will get your up to date prescription and **show you how to handle** (put on and take off) the contact lenses and discuss the **principles of proper care** of your lenses.

There are some myths about contact lenses that we help to uncover in this brochure.



COMMON MYTHS

ABOUT CONTACT LENSES

Myth 1

Contact lenses can be uncomfortable

Many years have passed since contact lenses were first invented and in recent years there have been huge developments in new lens technology.

Modern contact lenses are extremely soft, thin, and flexible. The material and design allow the lens to take the unique shape of your eye – and, since they are replaced regularly, your lenses feel clean, fresh and comfortable.

In fact, contact lenses are so comfortable it may not feel like you are wearing them!

Myth 2

I don't like the idea of putting something onto my eyes

Putting on and taking off contact lenses is easier than you might think. Your Eye care Professional will show you how to put on and take off contact lenses at your appointment, and while it may take a little getting used to, with practice you'll soon be doing it without a second thought. Your finger doesn't need to touch the eye when applying and removing contact lenses, and the lens will often just feel like a drop of water when placed on the eye.

Myth 3

Contact lenses may lead to eye infections

With proper care, the risk of eye infections is minimal. Infections are most often related to poor cleaning routines or other lens care related issues, so it's important that you follow your Eye Care Professionals wear and care advice.

Most common eye-health issues are related to poorly fitted lenses or not following your Eye Care Professionals recommended lens wear schedule. If you experience any unusual eye discomfort or changes to your vision while wearing your contact lenses, remove them immediately and call your Eye Care Professional.

Daily disposable contact lenses are a convenient and hygienic way to wear contact lenses as you start with a fresh, new lens every day. If reusables are being used, provided that you disinfect your lenses, clean and replace them as directed by your Eye Care Professional and keep your hands and contact lenses case clean, germs have little chance of survival.

Myth 4

Contact lenses are unhealthy

Most modern, soft contact lenses are made from breathable materials. Unless your Eye Care Professional has instructed you otherwise, you should be able to wear contact lenses every day. As long as you keep to the replacement schedule and cleaning instructions that your Eye Care Professional provides with, and go back for regular check-ups contact lenses can be a health vision correction option.

Myth 5

Contact lenses won't allow my eyes to breathe

For healthy eyes, oxygen needs to reach the front window of the eye, which is called the cornea. The oxygen comes from the air around you and therefore has to pass through the contact lens which is placed on your cornea. The amount needed differs, depending on whether you wear your lenses just throughout the day or want to sleep in them too.

Sleeping in contact lenses should only occur if you have been prescribed a specific lens which is licensed as safe to do so and only under the advice of your Eye Care Professional - there is a higher risk of serious infections if you sleep in lenses.

Your Eye Care Professional will recommend the most appropriate contact lens to suit your needs and lifestyle.

If you follow the recommendation of your Eye Care Professional you can be confident that your eyes will not lack oxygen.

However, although the contact lens material is important for oxygen supply to the cornea, healthy lens wear also depends on several additional factors. For example, **lens care is very important.** Cleaning and disinfection of your contact lenses is vital for your eye health. Combined with more frequent lens replacement (the best option being daily disposables), proper contact lens care will let you fully enjoy your lenses.

Myth 6

A contact lens can get lost behind my eye

That's physically impossible. There is a membrane covering your eye that connects inside your eyelids, preventing anything from getting behind your eye, including a contact lens.



Myth 7

The lenses might fall out of my eye if I move too quickly

Thanks to modern lens designs, it is virtually impossible for soft contact lenses to fall out if put on properly. You can play all kinds of sports while wearing contact lenses. The way in which a contact lens holds onto the eye depends on the diameter of the lens. Rigid or "hard" lenses, which are usually smaller in diameter, are a little more prone to dislodging.

Soft contact lenses rarely fall out spontaneously; very rarely, they may fall out as a result of extensive eye rubbing or extensively dried soft contact lenses.

Myth 8

All contact lenses are pretty much the same

That's not true. In fact there are a lot of differences in contact lenses – they have different designs and are made of different materials. There are also differences in the vision correction they offer – for example, there are toric contact lenses designed for astigmatism or there are multifocal contact lenses for when you start having trouble seeing clearly close-up (presbyopia).

There are also different wearing schedules: lenses that you wear again and replace periodically (such as every two weeks or month) – known as reusable and others that you replace every day (known as daily disposable). There are also lenses you can wear overnight (extended wear) if considered suitable by your Eye Care Professional. Therefore, **you should never start wearing contact lenses or switch from one type to another without your Eye Care Professional's advice.** Your eye comfort, vision performance and eye health could be compromised!

Myth 9

I cannot wear make-up when using contact lenses

Yes you can! You just need to remember to apply your make-up after you apply your contact lenses, and to take your lenses out before you remove your make-up. When using products such as hair spray, you should close your eyes to avoid spray sticking to the lenses. **If you have any make-up related problems with your lenses, consult your Eye Care Professional.**

Myth 10

Cleaning contact lenses takes too long

The most convenient way of wearing contact lenses is daily disposables. With these, you can

enjoy a fresh new pair of lenses every day and simply throw them away each night. So, you will never have to worry about cleaning them at all.

However, caring for reusable lenses is not complicated at all. Modern, multipurpose solutions make lens care and maintenance much easier than ever before. The best way to disinfect and clean your lenses is to rub and clean them and leave them overnight in the care solution while you sleep. **Always follow the instructions on the label of your contact lens care solution and follow instructions provided by your Eye Care Professionals**

Myth 11

The higher the water content of a contact lens, the more oxygen goes through it

The vast majority of modern, soft contact lenses provide sufficient oxygen for daily wear, irrespective of water content and material.

Myth 12

Contact lenses won't give me as good vision as my glasses

Contact lenses have many advantages and modern soft contact lens designs can give you stable vision just as good as with your glasses, whatever your refractive error is.

Also, contact lenses do not slip on your nose like glasses, but stay stable over the cornea.

They give you a wider field of view and peripheral vision than glasses can. In addition, contact lenses don't fog up, fall out, or break during physical activities, and they are unaffected by rain.

Myth 13

I can't wear contact lenses because I have astigmatism

Astigmatism is no longer a barrier to wearing soft contact lenses and you should be able to enjoy all the freedom soft contact lenses can give you.

ACUVUE® contact lenses for ASTIGMATISM, with EYELID STABILISED Design for clear, stable vision¹, are available in a range of materials and replacement frequencies to meet your needs.

Myth 14

I need additional glasses to help me with reading

In the past, presbyopia often meant a need to wear spectacles or prescription glasses over the top of contact lenses. The contact lenses would focus for distance, and the additional spectacles at near. Sadly, many people simply stopped wearing contact lenses as they became presbyopic.

Now, with multifocal contact lenses, many contact lens wearers can continue to enjoy the same benefits of contact lenses they've always enjoyed.

If after the age of around 40 years you find yourself needing reading glasses, there is a suitable contact lens alternative for these too, meaning you don't have the hassle of putting on glasses to read. **There are contact lenses specifically designed for presbyopia, or age-related long sightedness.** If you need glasses for reading newspapers, books or menus, then contact lenses might be easier, hassle free option as they give you clear vision all day. If you wear contact lenses or are interested in wearing contact lenses you should ask your Eye Care Professional about multifocal contact lenses, such as **1-DAY ACUVUE® MOIST MULTIFOCAL.**

Similar to a progressive spectacle lens, a multifocal contact lens can be designed with a gradual progression of prescription to help you comfortably see objects near and far. Presbyopic correction with contact lenses is an option for existing contact lens wearers, as well as for presbyopes who wear glasses or those who do not feel comfortable about wearing glasses to view nearby objects

Myth 15

My child is too young to wear contact lenses

There's no minimum age for wearing contact lenses. The most important question is whether your child is mature and motivated enough to wear and care for their lenses properly, as contact lenses require particularly good hygiene and care

You are the best judge of your child's level of maturity. If you think they are showing responsibility at home and at school, they may well be ready. Moreover, contact lenses are exceptionally convenient vision correction option for teenagers who tend to be more involved in sports or recreational activities as part of their daily routine.

Your Eye Care Professional will be able to advise you what is best for your children's eyes and lifestyle needs.

Myth 16

Contact lenses are expensive

The actual cost of contact lenses is less than people think. In fact, wearing contact lenses can cost you less per day than you spend on your daily newspaper or cup of coffee. With advancing technology, there is a wide range of lenses available. Depending on which type you wear and how often you replace them, your Eye Care Professional will be able to help you to find the lens that best suits your vision needs, lifestyle, and budget.



KEEPING YOUR EYES HEALTHY

FEW THINGS AFFECT YOUR QUALITY OF LIFE MORE THAN YOUR EYES, AND YOU SHOULD NEVER PUT THEM AT RISK. PROPER CARE, FREQUENT REPLACEMENT OF YOUR LENSES AND REGULAR CHECK-UPS ARE ESSENTIAL TO HELP KEEP YOUR EYES HEALTHY.

All types of contact lenses, including eye enhancement or cosmetic lenses should be fitted properly by an Eye Care Professional. They will make sure that you get the most suitable lenses which match your needs and your lifestyle. In addition to checking you get the optimal vision with your lenses and the eyes remain healthy.

To get the most out of your contact lenses you need to look after them and strictly follow the lens care instructions given to you by your Eye Care Professional.



Choosing the lens that's right for you

Not all contact lenses are the same; a number of different factors, such as age, lifestyle and vision correction go into determining which type of contact lens is right for each individual.

Only an Eye Care Professional can tell you which lens best meets your specific needs. With more choices than ever before, today is an exciting time for wearers of soft contact lenses. Most of today's contact lenses are recommended for frequent replacement and offer wearers the opportunity to maximise their vision whilst maintaining excellent eye health during contact lens wear

An additional benefit of your contact lenses can be UV blocking. ACUVUE® brand of contact lenses provide UV protection from the transmission of radiation across its full range.* Your Eye Care Professional can provide more information about these lenses, along with general advice on how to help to protect the eyes from transmission of the sun's harmful rays.

Daily wear contact lenses

Daily wear contact lenses are designed to be worn throughout the day and need to be removed every night before you go to sleep.

They are discarded after a certain period of time and replaced with a fresh new pair. Remember, the more often you replace your contact lenses, the less likely it is that certain complications will occur. Some daily wear lenses are discarded every day, while others are discarded after one, two or four weeks. If these lenses are reused, they must be cleaned and disinfected before being worn again.

If you do not wear your lenses every day, do not want to clean your lenses every day, or if you suffer from allergies, daily disposables might be the best solution for you. Since you discard them at the end of the day and replace them every morning with a fresh pair, there is no day-to-day deposit build-up and lens cleaning is not necessary. Many Eye Care Professionals and contact lens wearers recommend **daily disposable contact lenses as the healthiest and most convenient way of wearing lenses.**

Extended wear contact lenses

Extended wear contact lenses can be worn overnight until the end of their wearing time as recommended by your Eye Care Professional. Some extended wear lenses are discarded when removed, while others are cleaned, disinfected and reused before subsequently being replaced. Sleeping in contact lenses should only occur if you have been prescribed a specific lens which is licensed as safe to do so and only under the advice of your Eye Care Professional – there is a higher risk of serious infections if you sleep in lenses.





Wear them right to protect your sight

Contact lenses are uniquely fitted for a person's individual eyes and should never be shared with anyone else. **There's more to contact lens replacement than the great feeling of placing fresh, new lenses on your eyes.** It is also critical to your eye health. Even if your vision and comfort are good, it is still very important to replace your lenses, cleaning solutions and contact lens case as recommended by your Eye Care Professional. Following those simple rules minimises your risk of complications. You should always follow the replacement schedule recommended by your Eye Care Professional to get the best from your contact lenses.

The more often you replace your lenses with a fresh new pair, the healthier and more comfortable lens wear is. Write your lens replacement date on your calendar, or if you have an electronic calendar, program it to remind you to change your lenses.

It's also a good idea to keep a visual reminder near where you normally put on and take off your lenses. For example, keep a note next to your toothbrush holder or on the mirror to remind you when it's time for a fresh pair – and if in doubt, always start with a new, fresh pair of lenses.

Contact lenses are medical devices, Failure to follow the directions prescribed by your Eye Care Professional or the instructions for use will increase the risk of certain problems with your lenses.

Daily wear contact lenses should never be worn overnight without approval from your Eye Care Professional, as they can deprive your eyes of oxygen and reduce their ability to fight off infection. Always replace your lenses as directed by your Eye Care Professional. Wearing them for too long without replacement can lead to a build-up of natural deposits that can result in irritation and/or reduced vision, thereby affecting your eye health.

Caring for your lenses means caring for your eyes

Your lens wearing and replacement schedules are critical to the health of your eyes. Another area where it is important for you to comply with the **instructions given by your Eye Care Professional is proper lens care and maintenance:**

- Hand washing is always the first step before handling contact lenses, whether it is putting on, taking off, or cleaning lenses. Otherwise, anything found on the hands – including bacteria and other microorganisms – can be transferred to the lens
- Never rinse or store your lenses in tap water. It contains many impurities that can contaminate or damage your lenses, and may lead to eye infections and vision loss
- Non-perfumed anti-bacterial liquid soap dispensers are preferable to bars of soap, which can become contaminated more easily
- All soap must be thoroughly rinsed off the hands before the lenses are handled to avoid contamination
- The hands should always be dried with a lint-free towel to prevent lint getting on the lenses
- Any contact lens that has been worn must be cleaned and disinfected before being placed back into the eye. This is because deposits from both substances naturally occurring in tears (protein, lipids) and germs that have the potential to cause problems (pathogenic bacteria) can accumulate on the contact lens



Lens solution

Did you know that not all contact lens solutions can be used with all types of contact lenses?

Contact lens solutions differ, just like your contact lenses. Multipurpose solutions are a convenient way to care for your lenses as you can use this single solution for cleaning, disinfecting and rinsing your lenses.

Although most multi-purpose solutions can be used with most soft contact lenses, some exceptions might occur depending on the different ingredients of the solution and contact lens material compatibility. Always consult your Eye Care Professional and only use the solution that he or she recommends.

You should also follow the products instruction for use. Here are some tips:

- Don't touch the open tops of solution bottles, as they can become contaminated
- Re-cap bottles immediately after use
- Always ask your Eye Care Professional before you switch to a different solution brand
- Remember to check the expiry dates – never use solutions where the best before date has expired and ensure you follow the instructions of how long the opened solution can be used for



Cleaning your lenses

Did you know proper cleaning and rinsing of contact lenses together can eliminate a lot of bacteria that may be on them?

The best time to clean and disinfect soft contact lenses that will be reused is immediately upon removal. Traditionally, this is done by placing the lens in the clean, dry palm of one hand and applying a few drops of a daily cleaning solution, and using your little finger to gently rub the front and back surface of the lens.

Rinse thoroughly with the cleaning solution and place the lens into the lens case. Fill each chamber of the lens case with cleaning solution, close the lid and leave the lenses to soak until you reuse the lens again. If you are not using your lenses every day, change the storing solution as indicated in the instructions. **Never re-use the cleaning solution.**

Always carefully read and follow the instructions for use which come in the cleaning solution packaging. Lens case hygiene is one of the most frequently overlooked aspects of lens hygiene.

After new lens application, contact lens cases must be emptied of any old solution, rinsed with fresh disinfecting solution and left to air dry on a daily basis. A dry case is important as microbes cannot easily multiply in dry conditions. **Cases should be replaced frequently, ideally every two months.**

Your Eye Care Professional will give you more information on the importance of following proper cleaning procedures. If you properly follow your Eye Care Professional's recommendations, you can enjoy convenience, freedom and healthy contact lens wear.

Visit your Eye Care Professional

Visiting your Eye Care Professional at least once per year is the single most effective way to identify any eye problems and maintain good vision and healthy eyes. Remember, some eye disorders can go unnoticed for a long time before symptoms occur.

A missed eye examination is also a missed chance to check for potential health problems like diabetes or high blood pressure, which often show their earlier signs in the eyes. During a routine eye examination, your Eye Care Professional can spot signs of such problems before they cause irreversible damage to your eyes and overall health.

Do not wait any further with asking an Eye Care Professional for a free trial of contact lenses. Experience the freedom they can provide.**



SHARE THE KNOWLEDGE

If you have learned something by reading this leaflet, there's a good chance that a family member or a friend could also benefit, so spread the word to the people you care about, it's worth it!

ACUVUE®

References:

1. JJV data on file 2018. ACUVUE® Brand - Eye inspired™ innovations.

* All ACUVUE® Contact Lenses have UV-blocking to help provide protection against transmission of harmful UV radiation to the cornea and into the eye. UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed by your Eye Care Professional.

**Professional consultation and fitting fees may apply and are not included. For T&C's visit acuvue.com/en-me/terms-of-use/ 18+ only. Only one trial per person.

ACUVUE® Contact Lenses can be used for vision correction. An Eye Care Professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and

instructions on proper lens care. Do not wear contact lenses if you have an eye infection or experience other eye problems or if you are allergic to any ingredient. For more information, including warnings and precautions, read the Instructions for Use available on the ACUVUE® website www.acuvue.com/en-me. If you experience eye discomfort or if any condition occurs, remove the lens and contact your Eye Care Professional immediately.

ACUVUE®, ACUVUE® OASYS with HYDRACLEAR® Plus, ACUVUE® OASYS for ASTIGMATISM, ACUVUE® OASYS 1-Day with HydraLuxe™, ACUVUE® OASYS 1-Day for ASTIGMATISM, 1-DAY ACUVUE® MOIST, 1-DAY ACUVUE® MOIST for ASTIGMATISM, 1-DAY ACUVUE® MOIST MULTIFOCAL, ACUVUE® OASYS MAX 1-DAY and ACUVUE® OASYS MAX 1-DAY MULTIFOCAL are trademarks of © Johnson & Johnson Middle East 2025.

For more information on proper wear, care and safety, talk to your Eye Care Professional and read the Instructions for Use available on the ACUVUE® website www.acuvue.com/en-me

ACUVUE®

ACUVUE® contact lenses are available for short-sighted, long-sighted, astigmatism and presbyopia (multifocal) vision needs.

Find out more at
www.acuvue.com/en-me

