

## CREATING A ROUTINE

Congrats on your new contact lenses and your new look! With these tips, you'll be surprised how easy it can be to make contact lenses a part of your daily routine! Below you'll find all the advice you'll need for wearing and caring for your contact lenses.

### PRACTICE MAKES PERFECT

There's no denying trying contacts takes some getting used to. But when you're ready for contacts, they become a part of your daily routine, and with any new habit, you just need a little practice.

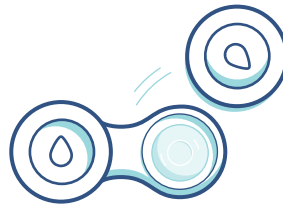


#### Plan Time For Putting In and Taking Out Your Lenses

Give yourself a little more time in the morning to get ready until you're used to putting in your lenses.

It can be easy to forget to clean your contacts or take them out at night. Set an alarm and your phone will remember for you.

Set a reminder. Put important dates on your calendar such as opening a new box, or reordering lenses.



#### Establish A Cleaning Habit

With daily lenses, you can toss them at the end of the day. But when it comes to reusable lenses, it's important to have a cleaning routine.

Over time, protein in your tear film can accumulate on your contact lenses, creating a thin haze. Protein deposits may also lead to eye irritation.

Clean your lenses daily, and keep your eyes and yourself looking bright, fresh and healthy.

### TIPS FOR REPLACING YOUR LENSES

Once you find the lenses that fit your lifestyle, make sure you create a replacement schedule. Here are some tips for setting up a schedule that keeps your eyes comfortable and healthy:

#### If You Wear Reusable Lenses

replace your contact lenses on the same day of the week. Try discarding your old lenses on Sunday night, and starting with a new pair on Monday morning.

#### When You Open a New Box of Contact Lenses

mark the date on the lens packet. It's an easy way to stay on schedule.

Write "Reorder" on Your Last Box of Lenses as well as the phone number of your Eye Care Professional on the box of contact lenses for quick, easy replacement.

# HOW TO PUT IN & TAKE OUT CONTACTS

Nervous? Don't be. Putting contact lenses in and taking them out is easier than you might think. It may take a few days for your eyes to get used to the feeling of wearing lenses. If you're having trouble don't force it, give yourself plenty of time to get comfortable. There's no rush, you can always try again tomorrow.

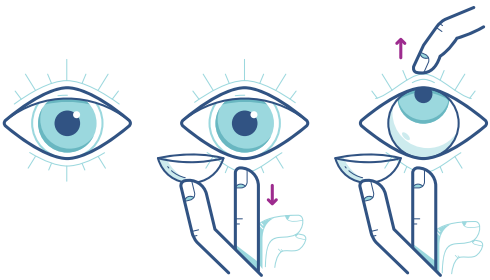
## HOW TO PUT IN CONTACTS IN 4 EASY STEPS



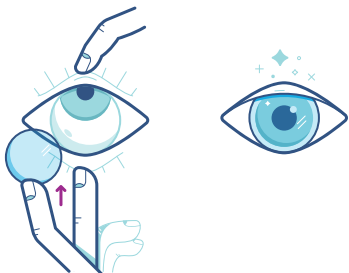
Before you start wash your hands with soap (preferably non-perfumed, anti-bacterial liquid soap), then rinse and dry your hands with a lint-free towel.



Check that the lens isn't inside out. To do this, just put the lens on the tip of your finger and hold it up to the light. If the edges flare out, it's inside out. Some lenses have a 1, 2, 3; indicator—make sure the digits aren't backwards. It should look like a bowl with straight edges.



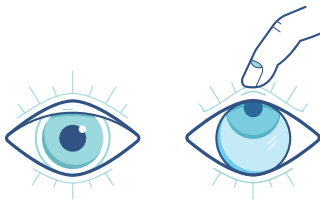
Using your right hand gently hold your upper eyelid with one finger so you don't blink or get your eyelashes in the way, and carefully pull down your lower eyelid with your other fingers.



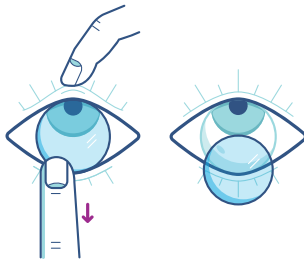
Move the contact lens toward your eye steadily. Look upward as you place it on your eye, and slowly release your eyelid and close your eye for a moment to allow the lens to settle. Repeat for your other eye.

# HOW TO PUT IN & TAKE OUT CONTACTS

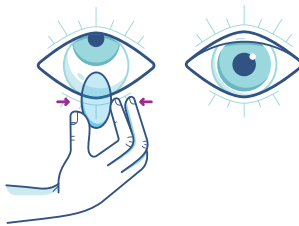
## HOW TO REMOVE YOUR CONTACTS IN 4 EASY STEPS



Ensure your hands are clean and dry, and start with your right eye, then look up and carefully pull down your lower eyelid with your middle finger.



Bring your index finger to your eye slowly until you touch the lower edge of the lens, and slide the lens down to the lower white part of your eye.



Gently squeeze the lens between your thumb and index finger and remove it. Repeat for your left lens.



Discard daily disposable contact lenses. If you wear dailies you can toss them out, but make sure you clean and disinfect bi-weekly and monthly contact lenses.

## CLEANING YOUR CONTACTS

Caring for your contact lenses is a must when you're wearing reusable contacts, and it only takes a few minutes to clean your reusable contact lenses with the appropriate solution.

### IMPORTANT THINGS TO REMEMBER



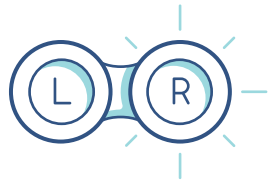
#### Wash Your Hands

Ensure your hands are washed, clean and dry to avoid irritation.



#### Clean Contacts After Removal

Always clean your contact lenses immediately after you remove them.



#### Begin With the Same Eye

Establish a habit of starting with the same eye. This way you won't mix them up, since each eye has its own prescription.



#### Never Use Tap Water to Clean A Lens or Lens Case

Refer to your contact lens solution instruction guide for further information about how long to soak your contact lenses or how often you should change the solution if you don't wear them every day.

CLEANING YOUR  
CONTACTS

## STEPS FOR CLEANING YOUR 2-WEEK OR MONTHLY CONTACTS

- 1 Fill Each Chamber**  
of your contact lens case with fresh contact lens solution, such as ACUVUE™ RevitaLens Multi-Purpose Disinfecting Solution to help protect against harmful germs and bacteria.<sup>1</sup>
- 2 Place One Lens**  
in the clean, dry palm of your hand, and apply a few drops of your contact lens disinfecting solution. With one finger, gently rub the lens back and forth on your palm to clean the lens surfaces.
- 3 Rinse Your Lens**  
thoroughly with more of your solution, and put it into your clean contact lens case.
- 4 Repeat This Routine**  
for your other lens, and close the case and leave your lenses to soak overnight.

## CLEANING YOUR LENS CASE

- 1 Empty**  
Empty your contact lens case of the old solution.
- 2 Rinse**  
Rinse it with fresh contact lens solution.
- 3 Air-Dry**  
Allow Contact Lens container to air-dry, upside down on a clean tissue.
- 4 Replace**  
Replace your contact lens case on a regular basis, every 3 months.

**Important information for contact lens wearers:** ACUVUE® Contact Lenses are available by prescription only 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 the lens care instructions provided by your eye care professional. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, remove the lens and contact your eye care professional immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-267-5098 or visit [acuvue.ca](http://acuvue.ca).

**Important Safety Information:** ACUVUE™ RevitaLens Multi-Purpose Disinfecting Solution (MPDS) is indicated for the care of soft (hydrophilic) contact lenses, including silicone hydrogel lenses. Use this product, as recommended by your eye care professional, to disinfect, clean, rinse, store, remove protein and condition your lenses. If you are allergic to any ingredient in ACUVUE™ RevitaLens MPDS do not use this product. Problems with contact lenses and lens care products could result in corneal infection and/or ulcers and lead to loss of vision. It is essential that you follow your eye care professional's directions and all labeling instructions for proper use of lenses and lens care products, including the lens case.