

# Wearing and Caring for Your Contact Lenses



The key to maintaining healthy eyes is to care for your lenses with the best cleaning and care regime.

Wearing contact lenses can have many benefits, and when cared for properly, can provide a comfortable and convenient way to work, play, and live for the approximately 140 million people who wear them globally.<sup>1</sup>

**It is important to follow the recommendation of your eye care professional as well as the instructions for use of your contact lenses and lens care products**

Here are a few important reminders for a healthy lens care routine:



## Wash Your Hands

Always wash your hands thoroughly with soap, rinse completely and dry before inserting or removing your contact lenses.



## Contact Lens Cleaning and Disinfection – *rub, rinse and soak*

- If solutions are required, use them appropriately and carefully follow the product's instructions for use.
- Following removal of contact lenses, you should adhere to the lens care regime recommended by your eye care practitioner.
- Rub and rinse contact lenses with contact lens disinfecting solution—never water or saliva—to clean them each time they are removed.



## Contact Lens Case Care – *rinse, refill and replace*

- Lens cases should be emptied and rinsed with a contact lens cleaning solution and allowed to air dry each time contact lenses are removed from it.
- Replace your lens case every month, or as directed by your eye care practitioner.



## Contact Lens Replacement

Replace contact lenses as often as recommended by your eye care professional.



**Remove your lenses immediately if you are experiencing problems and contact your eye care professional.**

# The correct handling of your contact lenses

## Applying your contact lenses



Wash hands thoroughly with mild soap, rinse and dry with a lint-free towel.



Remove your contact lens from the case / blister pack and place it on the tip of your index finger. To ensure the lens is the correct way round, observe the lens edge.



Use your left middle finger to pull the upper eyelid up at the base of your lashes and with the middle finger of the right hand pull down the lower eyelid at the base of the eyelashes. Look straight ahead and place the contact lens on the middle of the eye. Let go and blink carefully to center the contact lens on your eye.



For reusable lenses, make sure you empty, rinse and wipe your lens case using fresh contact lens solution and allow to air dry

## Removing your contact lenses



Wash hands thoroughly with mild soap, rinse and dry with a lint-free towel.



For reusable contact lenses, fill your clean lens case just below the rim with contact lens solution



Pull down the lower eyelid on the lash line with your right middle finger and hold the upper eyelid with the middle finger of your left hand.



Put your index finger on the edge of the contact lens and slowly pull the contact lens down.



Press the contact lens gently between your thumb and index finger to remove it.



Follow your lens care cleaning regime as advised by your eye care professional e.g. rub and rinse each side of your lens for 20 seconds, rinse with fresh lens solution, etc.



Place your cleaned lens in the lens case and fill with fresh lens solution. Soak for at least 4-6 hours\*\*

## Key Do's and Don'ts



**Do** always use fresh solution – never re-use solution



**Do** replace your lens case as recommended by your contact lens practitioner - usually monthly



**Do** follow the lens care advice as given by your contact lens practitioner and the solution's instructions for use



**Don't** use tap water, or any other water, on your lenses or lens case



**Don't** top up the solution in your lens case or decant your solution into another container



**Don't** touch the bottle tip to any surface or your eye which could cause contamination to the eye or solution



**Biotrue® multipurpose solution** works like your eyes to help make wearing contact lenses easier, no matter what soft lenses you wear.

- Unsurpassed disinfection - kills 99.9% of bacteria, the foremost solution compared to other lens care solutions<sup>2</sup>
- Rehydrate - provides up to 20 hours of moisture to cushion and rehydrate your lenses for comfortable wear throughout the day<sup>3,5</sup>
- 90% say that Biotrue keeps their lenses feeling clean throughout the day<sup>4</sup>
- 87% say that Biotrue keeps their eyes feeling healthy<sup>4</sup>
- 82% say that Biotrue provides continuous comfort<sup>5</sup>

<sup>1</sup> Nichols, J., Willcox, M., Bron, A., et al, 2013. The TFOS International Workshop on Contact Lens Discomfort: Executive Summary. Invest Ophthalmol Vis Sci. 54, TFOS7-TFOS13. <sup>2</sup> David, B., et al. Evaluation of multipurpose solutions for in vitro biocidal efficacy against a challenge of ocular clinical isolates including methicillin-resistant staphylococcus aureus and methicillin-resistant staphylococcus epidermidis strains. Rochester. <sup>3</sup> Scheuer A. C., 2009. Adsorption and Controlled Release of a Polysaccharide Conditioning Agent from Soft Contact Lenses. Rochester. <sup>4</sup> Bausch + Lomb, 2008. A study to evaluate the product performance of Bausch + Lomb BL-3100 BPZ02 multi-purpose solution compared to Alcon Opti-Free Replenish multi-purpose solution when used with silicone hydrogel contact lenses worn on a daily wear basis (#562). Rochester. <sup>5</sup> Millward Brown., 2010. Biotrue® Product Test (#640).

\*If your lens has a noticeable outward bend the contact lens is inside out.\*\*Always refer to the instructions of your lens care solution

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