



ABOUT YOUR SOFT CONTACT LENSES

Q What are soft contact lenses?

A Soft contact lenses are made from a special type of plastic which absorbs water. The water in the lenses allows oxygen to reach the cornea at the front of the eye. Soft contact lenses are comfortable and easy to get used to.

Many different types of soft contact lenses are available including daily disposable, weekly or monthly disposable and extended wear lenses which you can leave in the eye overnight and wear for up to a month. Your optometrist will advise on the most appropriate type of lenses for your eyes.

Most types of eye problems (refractive errors) can be corrected with soft contact lenses including short-sightedness, long-sightedness, astigmatism (requires a toric lens) and presbyopia (problems focusing close up which happens to most people after the age of approximately 40).

Q I don't like the idea of something in my eye?

A This is quite a common and healthy reaction! Despite the fact that so many people wear contact lenses and do not experience any problems with them, many non-wearers are nervous about the thought of putting something into their eyes.

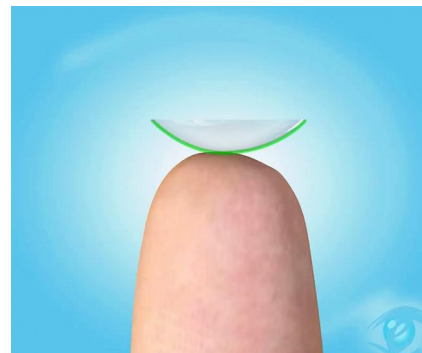
The first step in overcoming this fear is by asking your optometrist for help. He or she will measure your eyes and recommend which contact lenses would offer the best fit and comfort.

Once you have chosen which soft contact lenses you want, your optometrist will help you get used to inserting them. Although it can take a while to get used to, even

the most sensitive people find that they can insert their soft contact lenses easily after a while.

Q How do I insert soft lenses?

- Always wash your hands (preferably with simple soap) before inserting your soft contact lenses.
- Dry your hands thoroughly with a fluff-free towel as soft lenses will tend to stick to wet fingers.
- Position yourself in front of a mirror.
- Be careful not to dig your nails into the contact lenses when handling them as they can easily tear.
- Remove the lens from its packaging or from the contact lens case.
- Put the lens on the tip of your index finger and check that it is the correct way round (see picture).



- Hold your top eyelid with the middle finger of your left hand to stop yourself from blinking and pull down your bottom eyelid with the middle finger of your right hand (assuming you are right handed . see picture).



- Look straight ahead into the mirror and place the lens in the middle of your cornea (the clear part of the eye).
- Let go of the bottom eyelid and look down so that you can make sure the lens is in the correct position.
- After inserting your soft contact lenses you may like to use some lubricating eye drops

Q How do I Remove soft lenses?

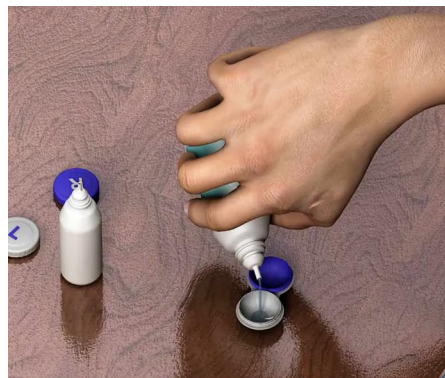
- Always wash your hands before removing your soft contact lenses.
- Dry your hands with a clean fluff-free towel.
- Look into a mirror.
- Hold your top eyelid with the middle finger of your left hand to stop yourself from blinking and pull down your bottom eyelid with the middle finger of your right hand (assuming you are right handed . see diagram).
- Place your index finger onto the lens and then look up slightly. Slide the lens onto the white of the eye below the cornea (see picture).



- Bring in your thumb and gently pinch the lens off of the eye

Q How do I Look after soft contact lenses?

- A If you use daily disposable lenses, simply throw the used contact lens away. Otherwise, place the lens in the palm of your hand, put a drop of the all-in-one solution on the lens and gently rub it with the end of a finger taking care not to dig a nail into the lens. Then rinse the lens with some more solution, fill your contact lens case up with fresh solution and put the lens in the case. This will be ready to insert directly into your eye next time you wish to wear the lenses.



Remember to use fresh solution every day and to replace your contact lens case on a regular basis. It is also very important to attend your optometrist for regular contact lens after care.