

My Personal Guide for Contact Lens Care



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Congratulations. You have been fitted with your new Bausch + Lomb contact lenses.

At Bausch + Lomb our mission is to protect and enhance the precious gift of sight for every individual. We are dedicated to providing a breadth of outstanding products that will dramatically improve the vision and lives of billions of people. We are a healthcare company and hold ourselves to the highest standards of ethics, quality and safety.

Working with our partners and practitioners, we will pioneer new technologies and discoveries that will continue to bring new vision to the eyes of the world.

To get the best out of your lenses, you need to look after them. This handbook will show you exactly how to do that.



How do I use my lenses correctly?

Applying and removing lenses

Here are a few things to remember that will soon become second nature. It's mostly a matter of routine and a bit of hand/eye coordination.

First, check your lens:

- Wash your hands with a mild soap and dry them with a lint-free towel.
- Avoid mix-ups by always putting the same lens in first.
- Place your lens on the tip of the index finger and not damaged.
- Check the edges to make sure that the lens is the right side out.
- If the corners turn out, it's inside out. So turn it the right way and place it back on the tip of your index finger.



Applying your lens:

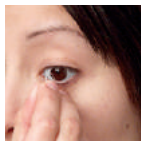
- Look straight ahead and pull down your lower eyelid with the middle finger of the same hand.



- Gently pull the top lid up with the middle finger of the other hand and look up.
- Place the lens on your eye.
- Remove your middle finger and release your eyelid.
- Look down and close your eyes for a moment to allow the lens to centre itself.
- Then blink a couple of times to make sure it's in place.
- Now, repeat with the other eye.

Removing your lens:

- Wash your hands with a mild soap and dry them with a lint-free towel.
- Now look up and pull your lower lid down with the middle finger.
- Place your index finger on the lower edge of your lens and slide the lens down to the white of your eye.
- Lightly squeeze the lens between your index finger and thumb and remove gently.
- Now, repeat with the other eye.



How do I take care of my lenses?

The key to maintaining healthy eyes is to care for your lenses with the best cleaning and care regime. Bausch + Lomb is committed to raise awareness and to provide education on healthy lens care, so we can help you achieve the best results from your lenses.

As part of a healthy lens care routine, follow these simple steps:*

When applying your lenses



Wash your hands with soap and dry them with a lint-free towel.



Remove your contact lens from the case / blister pack.
Check if the lens is not inside out and it is not damaged.



Place lens on eye.



For reusable lenses, make sure you empty, rinse and wipe your lens case using fresh solutions and a clean tissue.*



Leave the case with the caps off to air dry.*

*Please note that this care routine is not necessary for daily disposable lens users.

When removing your lenses



Wash your hands with soap and dry them with a lint-free towel.



Fill your clean lens case just below the rim with lens solution.



Remove your lens from eye. Place the lens in the palm of your hand. Apply 3 drops of lens solution to each side of the lens and gently rub for 20 seconds on both sides.



Thoroughly rinse each side of the lens for 5 seconds with fresh lens solution.



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

Ask yourself these three questions, each time you wear your lenses:

- 1 Do my eyes feel good with my lenses? No discomfort
- 2 Do my eyes look good? No redness
- 3 Do I see well? No unusual blurring with either eye

If the answer to any of these questions is no, leave your lenses off and consult your contact lens practitioner immediately, who will advise you on what to do next.

*Always refer to the instructions for your prescribed solution.

A clean lens means a comfortable lens

Make sure that you DO:

- Wash your hands and dry them thoroughly before touching your lenses or your eyes
- Follow the lens care advice as given by your Contact Lens Practitioner and the instructions with the solution
- Always use fresh solution – never re-use solution
- Clean your lens case daily with your lens care solution, wipe out with a clean tissue and leave upside down on a fresh tissue
- Replace your lens case as recommended by your Contact Lens Practitioner - usually monthly
- Follow the directions of your Contact Lens Practitioner for proper use of contact lenses and lens care products



Make sure that you DON'T:

- Use tap water, or any other water, on your lenses or lens case
- Wear your lenses if your eyes are red or irritated
- Sleep or nap in your lenses unless indicated for overnight wear
- Touch the bottle tip to any surface or your eye which could cause contamination to the eye or solution
- Apply drops or eye medication without first consulting your Contact Lens Practitioner
- Top up the solution in your lens case or decant your solution into another container
- Switch your solution without the advice of your Contact Lens Practitioner
- Re-use daily disposables. They are for single-use only.



FAQs

What happens if I keep wearing my lenses after I should have thrown them out?

Even over just a short time, microscopic deposits and bacteria are formed on the lens surface, which means they become less comfortable and carry a higher risk of infection.

What happens if I sleep or nap with my lenses in?

Unless you're using lenses designed for this purpose upon the recommendation of your Contact Lens Practitioner, sleeping in lenses places you at a higher risk of suffering serious eye infections.

Why shouldn't I use tap water to clean and store my contact lenses?

Tap water carries micro-organisms that can cause serious eye infections. So keep it away from your contact lenses and lens case.

Avoid wearing contact lenses while showering or bathing.

Give your Contact Lens Practitioner a look-in

Now that your Contact Lens Practitioner has prescribed the correct Bausch + Lomb contact lenses for your needs, they will advise you on renewing your prescription and ordering replacements. They will also advise you on the regularity of your eye examinations and contact lens check-ups.

My contact lenses

Right lens

Left lens

Phone number of my Contact Lens Practitioner

My next check-ups

1.

3.

2.

4.

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