

# Colored Contact Lenses Care Guide

Colored contact lenses are delicate products that need to be handled properly and with care, so educating yourself about them ensures you are using the lenses correctly and safely. We encourage all of our customers to take time to read this care guide.

Our contact lenses are intended for daily use and worn against the eye. They do not correct vision, only change the color of your eye. Please consult your eye care specialist before you purchase lenses and make sure you are educated on handling and care.

## Part 1: Pre-Use

### 1.1 Preparing Contact Lenses for Use

Before opening the pack with your contact lenses, inspect them to be sure nothing is wrong with them. Check for the following:

1. The contact lenses match your order.
2. The contact lenses are undamaged and intact.
3. The contact lenses match your prescription.

Please let us know if they aren't as expected or if you have doubts about wearing them.

### 1.2 Pre-Use Cleaning

Before inserting, it's important to make sure they have soaked in a contact lens solution. We recommend letting them soak for about 2 hours before use. Colored contacts should not be worn directly from the packaging because the fluid that keeps them sterile and preserved can feel uncomfortable if in contact with your eye.

By soaking your contact lenses in a solution, you are:

- Balancing the pH to bring the lenses closer to the natural pH of your eye
- Softening the lens material for better comfort while in use
- Removing residue from the surface of the contact lens

## Part 2: Use

### 2.1 Handling Contact Lenses

An important part of handling contact lenses is to always wash your hands. This includes using soap and water before drying your hands thoroughly. Bacteria can spread to contact lenses when precautions aren't taken, which can lead to eye infections. Be sure to also handle the lenses with fingertips or keep your fingernails cut short. Sharp fingernails can cause tears in the lens. Also avoid the use of lotion, hand creams, or oily substances that may encounter the lenses.

### 2.2 Inserting Soft Contact Lenses

1. Begin by placing one of the contact lenses onto your index finger, making sure that the contact lens is curved upwards and the brighter color is on the bottom.
2. Widen the eye by using the tip of the middle finger to lightly stretch the lower eyelid downward and another middle finger to stretch the upper eyelid upward.
3. Move the contact towards the eye and gently place the lens onto your eye. Do not blink or close your eyes, and if the lens falls out before secured be sure to clean it in solution.

4. Once the lens is on your eye, avoid blinking and slowly look around so the lens can position itself on the cornea.
5. Once it's in position, show off your new contacts!

Remember not to wear them for longer than the recommended 8-hour duration!

### **2.3 Removing Soft Contact Lenses**

1. Stretch open your eyes in the same manner as when inserting the lens.
2. Carefully move the lens down towards your lower eyelid.
3. As the contact lens starts to contact your bottom eyelid, it will begin to fold, and you can gently remove the lens from your eye by lightly pinching it.

## **Part 3: Post-Use**

### **3.1 Post-Use Cleaning**

Begin by putting the contact lenses in the palm of your hand and pour a few drops of contact lens solution in the palm of your hand. Rub the lens slowly with the tip of your finger from your other hand. Rinse the lens with fresh solution and place them into a freshly cleaned and sterilized contact lens case.

### **3.2 Cleaning Lenses Case**

It's important to remember to keep your case clean by disinfecting it daily and allowing it to air dry. Cases should be replaced at least every 3 months.

## **Part 4: Cautions**

### **Warnings**

Remove lenses immediately if any of the following occur:

- Itchiness, burning or stinging
- Discomfort or pain
- Inflammation of the eye or redness
- Dry eyes
- Excessive watering of the eyes
- Unusual eye secretions or discharge
- Decrease in vision

Please consult an eye specialist after removal of the contacts. Health issues that can come from wearing dirty lenses or lenses that don't fit include corneal abrasions or scratches, infections, possible ulcerations, decreased vision, allergic reactions, and conjunctivitis (pink eye).

### **Cautions**

1. Don't sleep in your lenses
2. Don't shower while wearing your lenses
3. Never rinse lenses in tap water
4. Wear lenses for only about 8 hours
5. Put in lenses before applying makeup
6. Wash hands properly before use
7. Never wear contacts for longer than their lifespan
8. Consult a registered optician or optometrist
9. Never remove lenses with tweezers

10. Notify employer of wearing lenses and be sure lenses are allowed
11. Replace soft lenses and case regularly
12. Never use lenses used by others
13. Be sure not to wear lenses reversed
14. Avoid wearing lenses during workouts or water activities
15. Avoid using sprays and products that could irritate eyes
16. When storing lenses, keep them fully soaked in solution
17. Eye drops can be used but consult a specialist first

**Thank you for reading our care guide and taking the time to inform yourself on the safety and care of using contact lenses. Please send us any questions you have. Your safety is our top priority, so we want to ensure that you have all the information needed to have a great time wearing your contacts. Now go enjoy them!**