

## 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



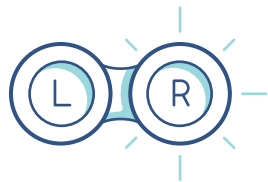
#### **Wash Your Hands**

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.

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

- 1 Fill Each Chamber**  
of your contact lens case with fresh contact lens disinfecting solution.
- 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.