

Pocket size lens wear & care guide.

Just print, cut and fold for a portable advice guide

Cut along dotted line



Step 4 - Place lens in the appropriate compartment of the lens case. Be sure that the lens is completely immersed in renu multi-purpose solution. Secure the cap on the case, to dislodge your lenses, store your lenses in the case for at least four hours, or overnight.



Step 3 - Rinse each side of the lens for 5 seconds with renu multi-purpose solution to remove any loosened surface debris, rehydrate lenses and prepare them for disinfection.



Step 2 - Remove your right lens from eye. Place the lens in the palm of your hand and apply a few drops of renu multi-purpose solution to the lens. Rub seconds on each side.



Step 1 - Wash your hands and dry them with a lint-free towel.



Fold Along Here

Steps for Cleaning Your Contact Lenses

The Dos and Don'ts for Healthy Contact Lens Care

The Dos

- ✓ Wash your hands every time before handling your lenses.
- ✓ Use fresh solution to store your lenses each day.
- ✓ Replace your lens case every 30 days.
- ✓ Ensure solution bottle is closed after use.
- ✓ Contact your Eye Care Practitioner immediately if your eyes become red, sensitive to light or uncomfortable.
- ✓ Have a pair of spectacles available if you need to remove your lenses.

The Don'ts

- ✗ Do not use non sterile solutions such as saliva, tap or bottled water to wash your lenses or lens case.
- ✗ Do not dilute or reuse solution in your lens case.
- ✗ Do not wear lenses if your eyes are red or uncomfortable. Contact your Eye Care Professional immediately.
- ✗ Do not apply drops or eye medication without first consulting your Eye Care Professional.
- ✗ Do not touch the bottle tip to any surface or your eye since this may contaminate the solution or cause injury to the eye.