



Contact Lens 101 **PERSONAL GUIDE**

**How to wear, store and remove
your contact lenses**

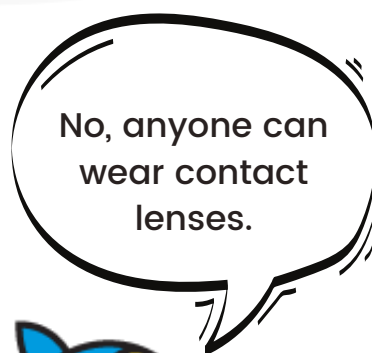


WHAT IS A CONTACT LENS?

Being able to see well is essential and that's exactly what contact lenses are made for! They are not always worn by those with eye power. Colorful non-power contact lenses are considered as a fashion statement, while Toric contact lenses are a perfect choice for those with astigmatism.



I am too old to wear contact lenses.



No, anyone can wear contact lenses.



Click here to visit our Website

www.aqualens.in

How to wear your Contact Lenses?

FOLLOW THESE STEPS TO KNOW

STEP 01

Wash your hands

Always remember to wash your hands with soap and water before touching your contact lenses. Do not use moisturizer or lotion before handling the contacts.



STEP 02

Clean your contacts

After cleaning your hands, rinse your contacts with Aqualens Comfort solution to remove any residues. To do so, remove your contacts from the blister or lens case, place one in your hand, and gently rinse it with the solution as prescribed by your eye care professional.



STEP 03

Put it on your index finger

To insert the lens into your eyes, scoop the Aqualens out from the lens case or blister, and place it on your index finger.



STEP 04

Carry out a small test

Are your contacts inside out? Check this to make sure that the contact lens is not inverted to ensure proper wearability. Put the contact lens on your index finger and if it looks like a bowl, then it is in the correct form, whereas flared edges indicate an inverted lens.



STEP 05

Do your checks

Check your contact lens for tear or damage, as this might cause irritation to the eye.



STEP 06

Insert the Lens

Use your freehand to pull the upper eyelid and use the other hand to pull down the lower eyelid. Once your eyelids are apart, you can place the Aqualens directly on the eyeball or on the white part.



STEP 07

Blink and move

Once the lens is in position, slowly blink a few times until you feel it is secure. After the lens is in your eye, move it side to side. This will assist in removing air bubbles and settle the lens.



How to remove Contact Lenses?

FOLLOW THESE STEPS TO KNOW



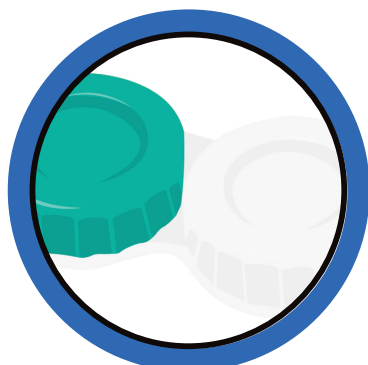
Step 1: Wash your hands

Before removing contact lenses, always wash your hands thoroughly with soap and water. Make sure to stand in front of the mirror, especially in the beginning.



Step 2: Look straight and tilt

While looking directly into the mirror, tilt your head slightly and pull the lower eyelid down with your free hand.



Step 3: Take out the lens

Place your index finger close to your eye, pinch the eye slightly using your index finger and thumb. Your Aqualens will come out. Now you can store it if it is a monthly or discard it if it is a daily disposable contact lens.

Contact lenses can fall out of my eyes.



No, contact are designed to fit the shape of the eye.





Removal Tips

4 TIPS YOU NEED TO KNOW



Tip 1: Cut your nails short

Cutting your nails will avoid any chance of scratching or damage to your eyes. This is advised to both beginners and experienced contact lens wearers.

Tip 2: Keep your eyes moist

Sometimes due to dry eyes, it feels as if the lens has gotten stuck to the eye but this is not the case. All you need to do is moisten your eyes with some eye drops to make the removal of the lens easy.

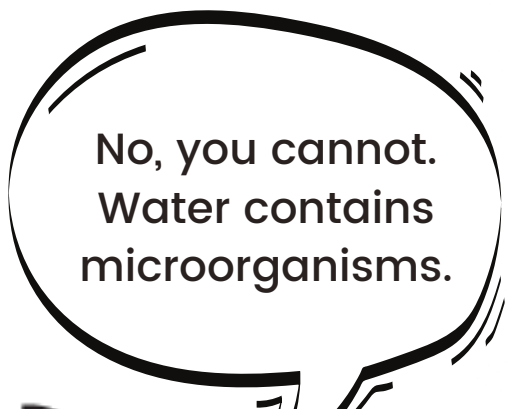


Tip 3: Remove your makeup

Remember to take off your makeup before removing your contact lenses to prevent the risk of contaminating the lenses.

Tip 4: Try a plunger

It might sound like a task but using a plunger is super easy. A plunger is generally used by first time contact lens wearers who face trouble while removing their contact lens. This device is placed directly on the contact lens as it takes it out easily.





Storing Tips

5 TIPS TO STORE YOUR LENSES

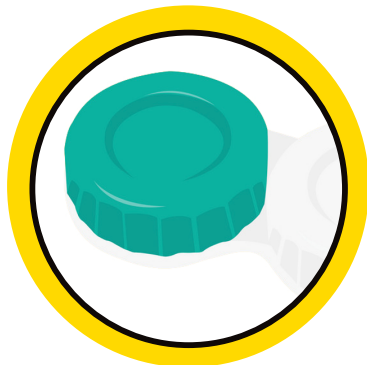


Tip 1: Cleanliness is the key

Always remember to keep your lens case clean and store your Aqualens contacts with a new Aqualens Comfort solution after cleaning the lens case properly.

Tip 2: Use fresh solution

Do not give yourself any excuse to use the old solution. Never add a new Aqualens Comfort solution to an old one existing in the lens case. Discard the old one and replace it with a fresh solution every time you store your contact lenses.



Tip 3: Slip into the world of Aqualens Daily Disposables

Are you too lazy to store contact lenses? Then Aqualens Daily Disposables are an ideal choice for you. You can remove them from the blister, wear them, and throw them away at the end of the day.

Tip 4: Explore the world of Aqualens Monthlies

These contact lenses are perfect for daily wearers who have time to store them. All you need to do is wash, rinse and store them in a clean case with fresh Aqualens Comfort solution. Never mix new and old solutions, and throw the old one before adding new.





KNOW MORE ABOUT **Contact Lenses**

8 TIPS THAT YOU MUST KNOW



Tip 1: Eye Prescription

If you wear glasses and are planning to switch to contact lenses, then you should have your eye power prescription as your contacts.



Tip 2: Always ask your doctor

Always ask your eye doctor before you get your first pair of lenses or are planning to switch to a new brand or trying a new kind of contact lens.



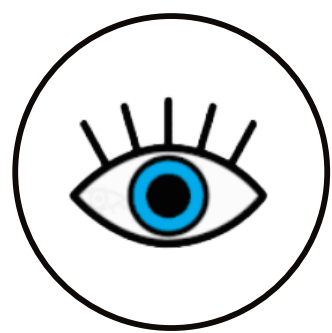
Tip 3: Check for expiry date and damages

We would suggest you to always check the expiry date of your contact lenses and check for any tear while wearing them.



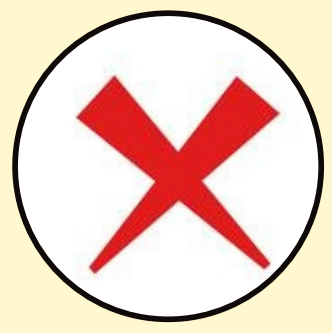
Tip 4: Keep contacts away from water

Please remember to keep your contact lenses away from water, whether or not it is in your eyes.



Tip 5: Do not rub your eyes

Now and then you might feel an urge to rub your eyes while wearing contact lenses but please avoid as it might cause an injury to the eye.



Tip 6: Sharing is not caring

When it comes to contact lenses, sharing is not caring. They are personalized according to your eyes and apart from this, it is not hygienic to share contact lenses.



Tip 7: Get a fresh pair

If you feel that your contact lenses have dried out, the best thing to do is to discard them and wear a fresh pair.



Tip 8: Monthlies are for a month

Wearing contacts every day for a month is possible with Aqualens Monthlies. However, do not wear Monthlies for more than a month and replace them with a fresh pair of Aqualens.