

**GUIDE ON
HOW TO WEAR**

CONTACT LENS

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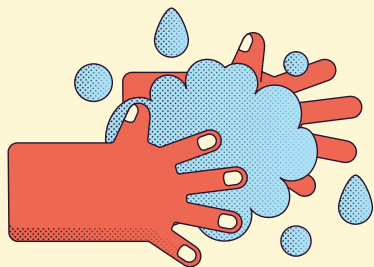
CONTACT LENS



**CAPITOL
OPTICAL**

with **MISS BERRY**

HOW TO PUT ON YOUR CONTACT LENS



1. WASH YOUR HANDS

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

✗ NEY

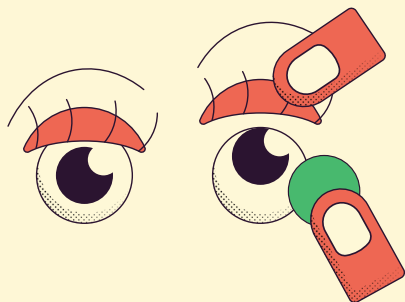


✓ YAY



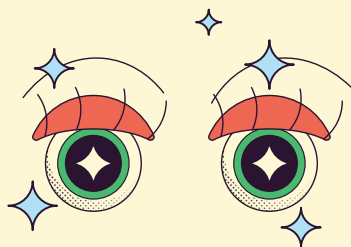
2. IS IT INSIDE OUT?

Place the lens carefully on your finger. If the contact forms a simple "U" shape, it is in the proper position. But if the top edges flare out, the lens is inside-out.



3. LIFT YOUR EYELID

Lift your upper eyelid with one finger and pull down your lower eyelid with another finger. Using your other hand, apply the lens directly onto your eye.

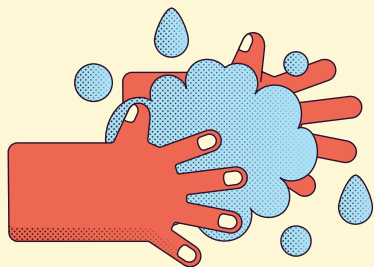


4. BLINK FOR EASE

Release your eyelid and blink 2-3 times!

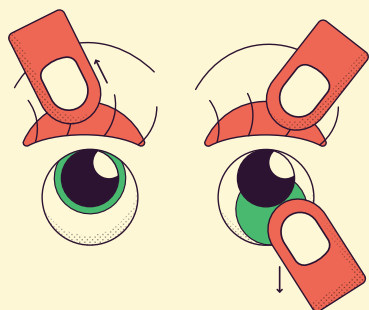
IF THIS FEELS UNCOMFORTABLE OR THE LENSES FEEL LIKE ITS MOVING AROUND YOUR EYE, THEN YOU'VE WORN THEM THE WRONG WAY. REMOVE, FLIP THE LENS OVER AND TRY AGAIN!

HOW TO REMOVE YOUR CONTACT LENS



1. WASH YOUR HANDS

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



2. LIFT YOUR EYELID

Firmly lift your upper eyelid and using your index finger, slide the contact lens to the white part of your eyes.



3. PINCH THE LENS

Pinch the lens gently with your thumb and index finger to remove the lenses.



4. STORE OR DISPOSE

Depending on the type of your contact lenses, dispose of them or clean and store them properly.

HOW TO **CLEAN** YOUR REUSABLE CONTACT LENS



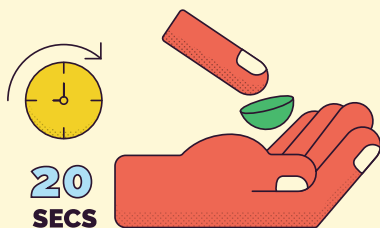
1. WASH YOUR HANDS

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



2. USE CLEANING SOLUTION

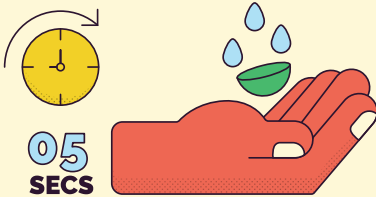
Pour 3 or more drops of your recommended cleaning solution on each side of your contact lenses.



3. RUB FOR 20 SECONDS

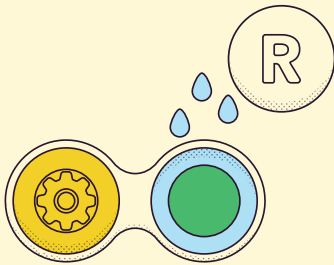
Rub the front and back of the lens surface firmly and gently for 20 seconds or as indicated in the cleaning solution instructions.

HOW TO **CLEAN** YOUR REUSABLE CONTACT LENS



4. RINSE FOR 5 SECONDS

Rinse the front and back of the lens surface with fresh cleaning solution.



5. PLACE LENSES IN THE CASE

Place cleaned lenses into the clean case and fill with the cleaning solution.

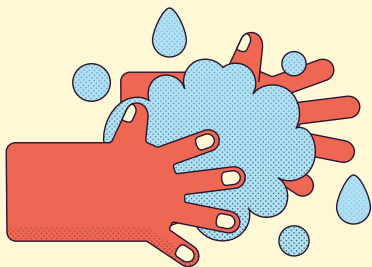


6. SOAK FOR 6 HOURS

Close your lenses case and soak your lenses for at least 6 hours for disinfection, cleaning and removal of any residue protein.

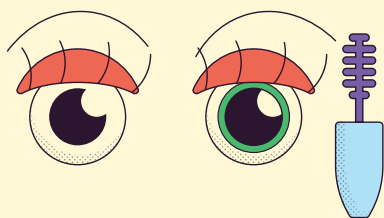
REUSABLE CONTACT LENSES SHOULD ALWAYS BE
THOROUGHLY AND CAREFULLY CLEANED AND DISINFECTED
EVERY TIME THE CONTACT LENSES ARE WORN.

✓✓ CORRECT USAGE



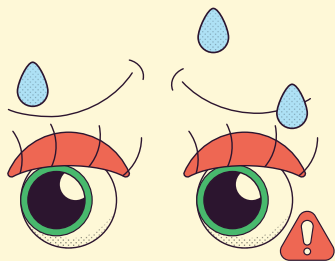
1. ALWAYS WASH YOUR HANDS

Ensure your hands are washed thoroughly and completely dry before handling your contact lenses.



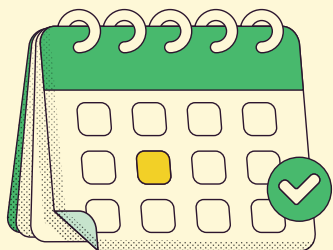
2. LENS FIRST, MAKE UP LATER

Always put on your contact lenses first before applying your make up. Likewise, remove your contact lenses first, before removing your make up.



3. REMOVE IMMEDIATELY

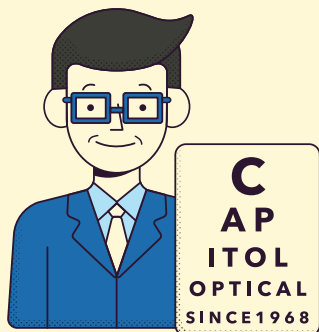
If you experience any discomfort, red, watery eyes or reduced vision, remove the lens immediately. Visit your optometrist for review.



4. FOLLOW A ROUTINE

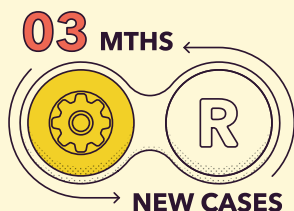
Do follow the routine and instructions provided by your Capitol Optical Optometrist.

✓✓ CORRECT USAGE



5. CHECK YOUR EYE HEALTH

Visit Capitol Optical every 6 months to renew and update your prescription. Contact us with any queries you have.



6. REPLACE YOUR CASE

If you are using reusable contact lenses, replace your case every 3 months.



7. RUB, RINSE, DISINFECT

If you are using reusable contact lenses, always rub, rinse and disinfect lenses after removing your contact lenses with fresh solution each time. Discard all solutions in accordance to the manufacturer's instructions, even if there is still remaining solution.

CLEANING YOUR LENS CASE

EMPTY > RINSE > AIR-DRY > REPLACE

Empty your contact lens case of the old solution.

Rinse it with fresh contact lens solution.

Allow contact lens container to air-dry, upside down on a clean tissue.

Replace your contact lens case regularly every 3 months.

XX WRONG USAGE



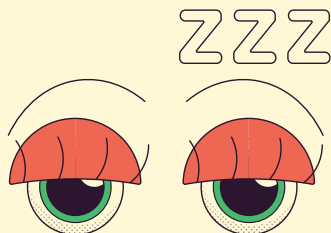
1. DO NOT SHARE YOUR LENSES

Contact lens is a personal medical device that must not be shared with others.



2. DO NOT USE ANY SOLUTION OTHER THAN CONTACT LENS SOLUTION

Do not use tap water, saliva or any liquid other than contact lens solution to soak or rinse your lenses.



3. DO NOT SLEEP IN YOUR CONTACT LENSES

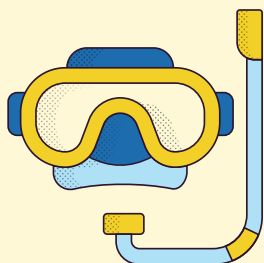
Do not sleep in your contact lenses unless they are designed for overnight wear. Sleeping in your contact lenses can irritate your eyes and cause eye infections.

XX WRONG USAGE



4. DO NOT USE LEFTOVER SOLUTION

Always discard all of the leftover solution from the lens case after each use. Never reuse any lens solution.



5. DO NOT SWIM WITH CONTACT LENSES

Swimming with your contact lenses can result in serious eye irritation and infection.



6. DO NOT USE FINGER NAILS

Do not use fingernails to handle your contact lenses. Instead, you can use suction tools or soft tip tweezers to remove your lenses.



7. DISPOSE DAMAGED LENSES

Do not reuse damaged lenses. Dispose any damaged lens immediately.

FREQUENTLY ASKED QUESTIONS

1. WHY DO I NEED A PRESCRIPTION FOR CONTACT LENSES?

Contact lenses are medical devices, which is why you need a prescription. Only an Eye Care Professional can properly diagnose your need for vision correction as well as determine which type of contact lens best suits you. Moreover, changes that can occur to your vision and eye health can only be detected with specialised equipment and procedures.

2. IS MY CONTACT LENS PRESCRIPTION DIFFERENT THAN MY EYEGLASSES PRESCRIPTION?

Yes. A prescription for contact lenses requires different information than a prescription for eyeglasses. Along with the level of vision correction, a contact lens prescription will include the base curve which is used to fit the curvature of the lens to your eye and the diameter which is used to fit the width of the lens to your eye. Schedule an eye exam with our team of Eye Care Professionals to assess your eye health and current contact lens prescription.

3. DO CONTACT LENSES EXPIRE?

Yes, contact lenses do expire. It is strictly not advised to wear them after the expiration date. It is important to purchase your lenses from reputable and authorised practitioners; or simply visit any Capitol Optical store, to ensure your lenses are the freshest batch. You may refer to the 'use by' on the lens package, which indicates the date after which the lenses are not to be used.

FREQUENTLY ASKED QUESTIONS

4. CAN I CONTINUE USING MY GLASSES IF I START WEARING CONTACT LENSES?

Of course. You can wear both contact lenses and glasses, alternating for specific activities, needs, or preference.

5. ARE EYE INFECTIONS COMMON WHEN WEARING CONTACT LENSES?

Contact lens-related health problems can occur, but they are rare. Infections are most commonly related to poor cleaning routines or other lens care-related issues. Follow our Optometrists' directions for proper wear and care and seek help from our Optometrist should you experience any discomfort. Select daily disposable contact lenses for a hassle free and hygienic option.

6. ARE COLOURED CONTACT LENSES BAD FOR EYES?

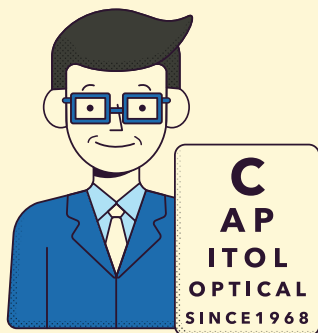
It's important to select beauty lenses that do not compromise on health and safety. Speak to our Optometrists to find out the variety of options that best suit you and your lifestyle.

For more information, scan the QR Code to visit
Capitol Optical Help Center or contact us.





CONTACT US

FOR ANY ASSISTANCE



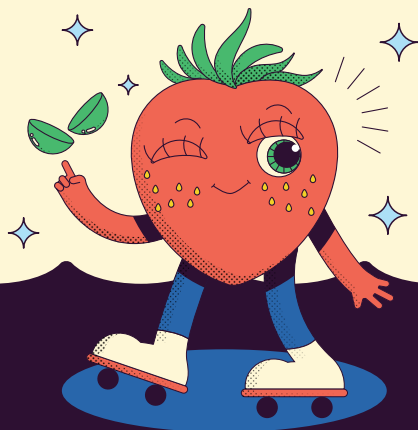
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