



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.





STEPS FOR CLEANING YOUR 2-WEEK OR MONTHLY CONTACTS

- Fill Each Chamber of your contact lens case with fresh contact lens disinfecting solution.
- 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.
- Rinse Your Lens thoroughly with more of your solution, and put it into your clean contact lens case.
- Repeat This Routine for your other lens, and close the case and leave your lenses to soak overnight.

CLEANING YOUR LENS CASE

Empty
Empty your contact lens
case of the old solution.

Rinse
Rinse it with fresh contact
lens solution.

Air-Dry
Allow Contact Lens
container to air-dry, upside
down on a clean tissue.

Replace
Replace your contact lens
case on a regular basis,
every 3 months.