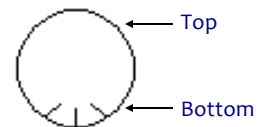
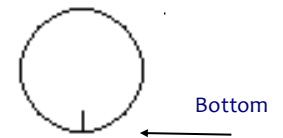
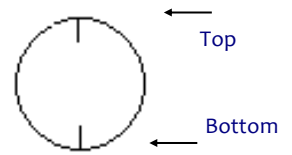


Axis Marks for Torics



Instructions for Insertion and Removal of a Soft Contact Lens

Insertion

- Always wash your hands with moisturizer free soap and warm water before handling your contacts. Seat yourself comfortably at an area with a clean surface.
- Remove the lens from the package or case by touching the lens with your middle finger so it lightly sticks to the tip of your finger. You do not need to apply any solution to the lens. Place the lens on the tip of the pointer finger of your dominant hand. Make sure all the edges of the lens are sitting up like a bowl.
- Hold the lens up to the light and inspect the lens to ensure it is clean and is free of dust or debris. Do not insert if there are any defects or edge chips. Examine the lens to make sure it is not inside out. If correct, the edges will form a bowl like shape. If the lens is inverted (turned inside out) the edge of the lens will be flared outward instead of upward. It will still go in your eye, but it will feel uncomfortable - similar to the sensation of an eyelash in your eye. If you cannot tell, flip the lens and compare. One way should look more upright.
- For spherical lenses– skip to next paragraph. For toric lenses - Hold the lens up to the light and look for the very light clear lines etched on the lens. Please refer to the images on the right to see the types. Insert the lenses so that the markings match the top and bottom at the right. When positioned correctly, the contact will settle more quickly on your eye and your vision will be clear faster. If you cannot see the lines, just insert the lens and after a few minutes the lens will rotate into position on its own. Your vision may be blurred until the lens settles into the correct position.
- Use the middle finger of your non-dominant to gently pull your top eyelashes upward. Next, use the middle finger of the other hand to pull your lower lid down as you insert the contact. Keep your eye wide open and try not to blink. Look up and gently touch the lens to the eye. Before you release your eyelid, slowly look down and then straight again. If you look down too quickly or blink forcefully the lens may pop off. Finally, gently push your lower lid against the edge of the lens to center it on your eye.

Removal

- Look up. With the pointer finger of your dominant hand gently touch the lens and slide it down to the white part of your eye. The lens must be *off center* before removing it or you may scratch your eye. Quickly proceed to the next step.
- Gently pinch the lens using your thumb and pointer finger to remove the lens.
- For daily disposables, throw the lens away in the trash can (not the sink, toilet, or floor).
- For 2 week or 4 week reusable lenses, place the lens in your palm. Apply a few drops of Biotrue solution and rub the lens gently for at least 10 seconds to clean. Fill your case with fresh solution, completely immerse the lens in the solution, and store lenses overnight to disinfect. Be sure to empty the case each morning, and to fill the case with fresh solution every night (do not top off). Clean your case daily. Replace your lens case every 1-3 months.

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