



Ythan Opticians

Professional Eye Care

When to remove your lenses

Never wear your lenses for longer than the wearing schedule prescribed, even if your lenses still feel comfortable.

Only high oxygen permeable contact lenses (like Focus Night and Day) allow your eyes to breathe sufficiently while sleeping.

Never sleep in daily wear lenses.

If your lenses feel uncomfortable, remove them. If your discomfort continues after lens removal, contact your optician ***immediately***.

Cleaning your lenses

1. Rub and rinse . This eliminates up to 90% of microorganisms from the lens surface.
2. Fill lens case and soak at least for 5 minutes.

Cleaning your lenses using AOSPET ® PLUS

A 5 second pre-rinse removes loose debris and enhances Peroxide disinfection.

Fill lens case and soak for 6 hours to disinfect deeply. This breaks proteins' peptide bonds and removes debris through bubbling.



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Handling Your Lenses

Putting your lenses in

Always wash, rinse and dry your hands thoroughly before putting in or taking out your contact lenses. This removes any dirt or oils on your hands and can prevent eye infections.

Holding the lens on your fingertip, check that it is the right way.

Place the lens on the tip of your forefinger and with the middle finger of the same hand, hold down the lower lid.

Use the forefinger of your other hand to lift the upper lid.

Gently place the lens on the eye.

Look down, gently release the lid and blink.

Centring your lens

Occasionally, your lens may become displaced from the middle to the white part of your eye. To centre the lens, either close your eyes and gently massage the lens into place.

or

With your eyes open, gently move the lens into place with your eyelid, using your finger as a guide.

Taking your lens out

Look up. With your middle finger hold down your lower lid.

Slide the lens from the centre to the lower part of your eye using your forefinger.

Gently pinch the lens between your thumb and forefinger and remove.

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