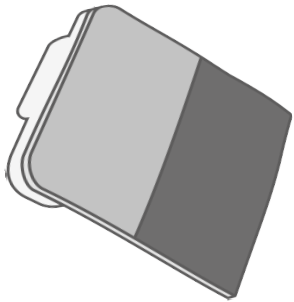


Contact Lens Checklist

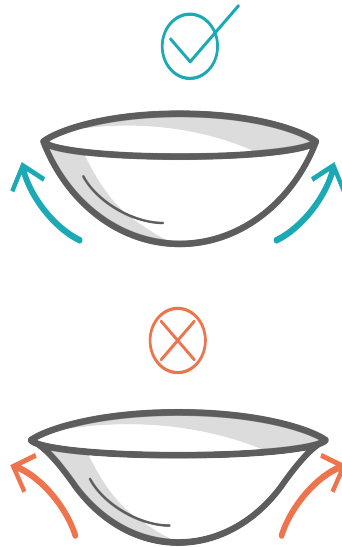
2 Minutes Read

Contact lens checklist prior to application

This checklist is a supplement to the instructions and advice from the Eye Care Professional.



1. Check the pack expiration date and seal



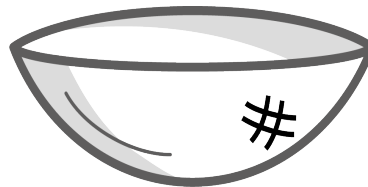
2. Check the orientation of the lens



3. Use orientation indicators if available



4. Check the lens for any damage



5. Ensure the lens is free from dirt & debris



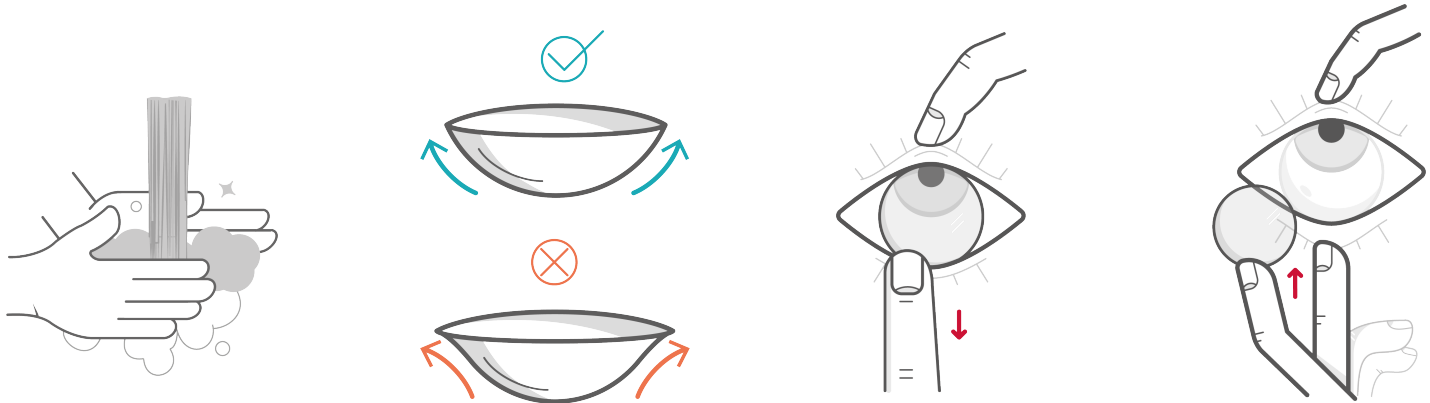
6. Make sure the lens is neither too wet, nor too dry

Application

Here are the four key steps for putting on contact lenses:

Top tip:

Encourage the patient to keep both eyes open and look straight ahead into mirror, although some patients prefer to look up at the last minute and place on the white of the eye.



1. Wash hands (preferably with non-perfumed, liquid soap), rinse and dry with a lint-free towel

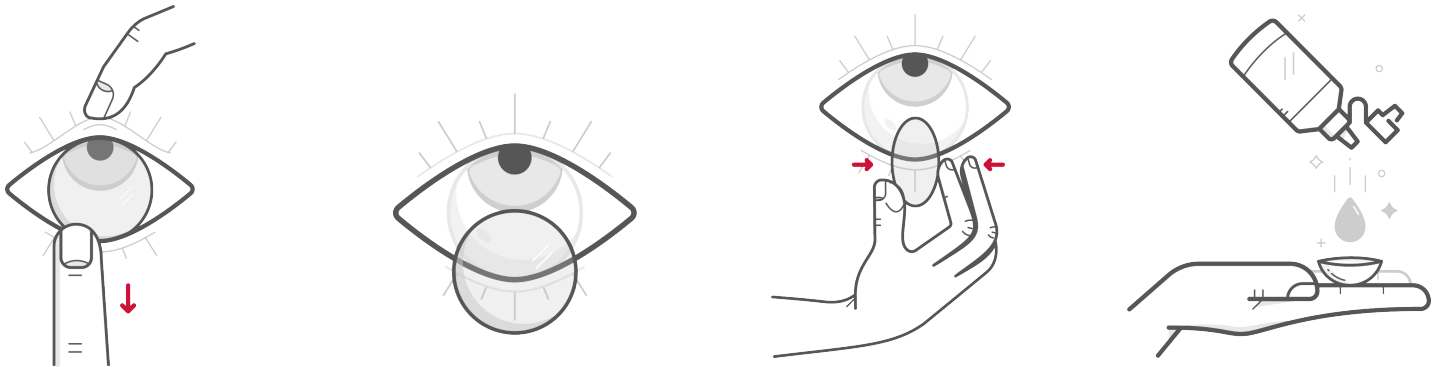
2. Check the lens orientation using 123 indicator or bowl test and position the lens on the index finger of the dominant hand

3. Secure upper eyelid with one finger of the other hand and carefully pull down the lower eyelid with the middle finger of the lens hand

4. Move the contact lens toward the eye, place it and slowly release the eyelids

Removal

Here are the four key steps for removing contact lenses:



1. Wash hands, rinse and dry with a lint-free towel. Pull down the lower eyelid using the dominant hand. New wearers often find it easier to secure the upper lid too

2. Slide the lens down to the white part of the eye, keeping the finger on the lens throughout

3. Squeeze the lens gently between the thumb and index finger to remove

4. Discard daily disposable contact lenses or clean and disinfect reusable contact lenses

Important Safety Information: ACUVUE® Contact Lenses are indicated for vision correction. As with any contact lenses, eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Contact lenses should not be used in case of eye infections or any other eye conditions, or in case of a systemic disease that may affect the eye. For detailed product information, including contraindications, precautions and adverse reactions, please consult the Instructions for Use or visit our Johnson & Johnson Vision website (<https://jnjvisionpro.co.uk/instructions-for-use>).