

The logo for DAILIES contact lenses, featuring the word "DAILIES" in a white, serif font with a thin underline, set against a dark blue background.

## Easy Tips for Basic Lens Care

Proper care of your contact lenses is essential! A few simple habits are all it takes to safeguard your eyes —and the quality and comfort of your lenses. Ask your eye care practitioner for the best lens and eye care regimen for you.

### Have Daily Disposable Lenses?

If you have daily disposable lenses like DAILIES® or FreshLook® ONE-DAY contact lenses, no lens care is necessary. Using clean hands, just put in a new, fresh, clean pair in the morning and simply throw them away at night. There's no need to clean or disinfect.

### Tips for Every Lens Wearer

No matter what type of contact lenses you have, it is a good idea to follow these general tips:

- Before handling, inserting or removing the lens, clean your hands with a pH-neutral soap containing no oil, cream or perfume. Dry your hands with a clean lint-free towel.
- Be careful when using cosmetics, lotions, soap, creams or deodorants. They may cause irritation if they come into contact with your eyes.
- When wearing contacts, be careful using aerosol products such as hairspray.
- Always insert your lenses before applying makeup and remove them before taking off your makeup.
- Remove your lenses if they are exposed to an irritant or harmful vapor.
- Always carry a spare pair of lenses with you.
- Always keep a pair of recently prescribed glasses handy for those times when you may be unable to wear lenses.
- Always keep a pair of glasses in your car.
- Always replace lenses on time as directed by your eye care practitioner.
- Do not use lenses past their use-by date.

# Tips for Lenses That Require Cleaning and Disinfection

If you have lenses that require cleaning and disinfecting, follow package instructions and keep these general tips in mind:

- To avoid all risk of infection, lens maintenance is essential every time you use or remove your lenses and you should follow the instructions of your eye care practitioner strictly.
- Clean and rinse your lenses with the appropriate solution to eliminate the deposits that accumulate through the day; these deposits are many and varied (from tears, fingers, dust, makeup, pollution, etc.) and are invisible to the naked eye.
- Disinfecting your lenses will destroy harmful germs, and help prevent eye infection – which can be serious – and ensuring safe wear.
- Clean and disinfect your lens case every time you use it. Remember to change it monthly or whenever you change your bottle of lens care solution.