



[www.coopervision.co.za/misight-1-day](http://www.coopervision.co.za/misight-1-day)



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**BRILLIANT FUTURES™**  
WITH MiSight® 1 day



XSM4713



# Your brilliant future starts here.

Everything you need to know about looking after your eyes and your MiSight® 1 day daily disposable contact lenses.

**BRILLIANT FUTURES™**  
WITH MiSight® 1 day



# Let's get started!

Well done on starting your journey to slowing down the progression of your short-sightedness with the Brilliant Futures™ Myopia Management Programme.

You might be trying contact lenses for the first time so we want to make sure you feel completely confident with them. This guide includes helpful information on applying and removing your contact lenses plus important safety advice too. So let's get started – **you'll be brilliant!**



Don't forget, if you have any questions at all, just ask your optometrist.

## Application.

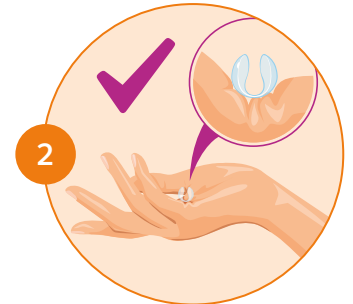
### Step 1: Wash and dry your hands.

- Before handling your contact lenses, wash your hands and rinse them thoroughly to remove any soap.
- Dry your hands completely, making sure you don't have any fluff left on them afterwards.



### Step 2: Prepare your contact lenses.

- Take a lens out of the blister pack checking which eye the lens you have in your hand is intended for.
- Place the lens in the crease of your palm and curl your little finger towards the palm of your hand. If it is the right way round it will curl towards you. If it is the wrong way round, the edges may flatten.



### Step 3: Apply your contact lenses.

- Looking in a mirror, lift your top eyelid with your pointing finger, close to where your lashes meet your eyelid.
- With your middle finger, pull your bottom eyelid down.
- Look straight ahead.
- With your pointing finger, slowly apply the lens over the coloured part of your eye.



### Step 4: Check and confirm.

- After your contact lens is in place, slowly move your pointing finger away from your eye.
- Holding your eyelids open, look around to remove any air bubbles from under the lens.
- Slowly and gently let go of your eyelids. Blink gently to settle the contact lens in place.



**WARNING:** Never allow any water to come into contact with your contact lenses as this significantly increases the risk of a serious eye infection.

# Removal.



## Step 1: Wash and dry your hands.

- Wash your hands and rinse them thoroughly to remove any soap.
- Dry your hands completely, making sure you don't have any fluff left on them afterwards.




## Step 2: Prepare to remove your contact lenses.

- Look straight ahead in the mirror and check that the lens is resting on the coloured part of your eye.
- Lift your top eyelid holding it close to where your lashes meet your eyelid. Pull your bottom eyelid down, keeping a firm hold and concentrating on keeping both eyes open.
- Now lower your chin so that you're looking up slightly into the mirror.



## Step 3: Remove your contact lenses.

- Press gently but firmly onto the surface of your contact lens and slide the lens downwards onto the lower white part of your eye.
- Using your thumb and pointing finger, gently pinch the lens and remove it from your eye.

 It is safer and easier to remove your lens from the white part than the coloured part of your eye.



## Step 4: Dispose of your lenses.

- Once you've removed your contact lens, all you need to do is simply throw it in the bin and repeat these steps for your other eye.



Our contact lens blisters and contact lens cartons are widely recyclable. Both these items and the metal foil that seals the blister can be included alongside other recyclable materials for regular pickup in your recycling bin.\*

\* Wearers should check with their local authority and/or service contractor to ensure acceptance of these items.

# Top tips.



## Always start with the same eye every time.

When applying your lenses, it is a good idea to start with the same eye each time. You'll be less likely to switch the lenses by mistake.



## Never let your lenses come into contact with water.

Contact with water increases the risk of a serious eye infection and can lead to loss of vision including, showering, swimming and other water-based activities.



## Always give yourself plenty of time.

Take it slowly and follow our guide. It may take a while at first but the more you do it the easier it becomes.



## Never wear a damaged lens.

If you notice any damage, like a tear or split in your contact lens, don't wear it. Open a new blister pack and ask your optometrist for a replacement.



## Always follow the recommended wearing schedule.

To get the full benefit of MiSight® 1 day we recommend wearing your lenses for at least 10 hours per day, and on at least six days each week.



## Never wear out-of-date lenses.

Check the expiry date on your pack and never wear contact lenses that are out-of-date.



## Always attend regular appointments.

Regular appointments are important to assess progress.



## Never wear lenses if your eyes are sore.

If you are feeling unwell or your eyes are red and sore, do not wear your lenses. Wear your glasses instead.



## Always follow the advice of your optometrist.

There are risks associated with wearing contact lenses and these can be minimised by following the advice of your optometrist.