



Dr. B.N. Le

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"The Health of Your Eyes Starts Here"

Synergeyes Contac Lenses Care Directions

1. *Cleaning solution: Clearcare hydrogen peroxide

Purpose: Used daily to clean and disinfect contact lenses. Allows soaking for a minimum of 6 hours over night. Do NOT directly instill Clearcare solution into eyes. Please refer to care directions on box for more details.

2. *Inserting fluid: sterile water.

Purpose: to fill contact lenses prior to insertion, rising/removing debris from contact lenses. This is NOT a disinfectant or cleaning solution. Do NOT use for soaking overnight.

3. Combination/multipurpose solution: Biotrue/Optifree multi-purpose solution

Purpose: Used daily to clean and disinfect contact lenses. Allows soaking for a minimum of 6 hours over night. Could be used to fill contact lenses prior to insertion/rising/removing debris. Please refer to care directions on box for more details.

4. Lubricating eye drops: Blink solution for contact lenses during the day, as needed.

Note: Not recommended to insert drops prior to removal of contact lenses. This will cause the lenses to become too lubricated and slippery, therefore, harder for to grab on when removing from your eyes.

5. Replacement schedule: every 6 months, removes every night.

6. Wearing schedule: 1st day (4 hours), 2nd day (6 hours), 3rd day (8 hours). Add on additional 2 hours daily until full day wear.

Multifocal lenses will require more adaption and adjustments due to the complexity of the multifocal lens design and multi-function use of the lenses, especially for the computer and near activities. Please be patience and wear lenses as directly by your Doctor.

*Preferred method.

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