

The health of your eyes is important.  
In order to help keep your eyes in peak condition we advise that you read the following helpful advice.

### The do's and don'ts.

#### Do...

- Wash your hands with soap prior to handling - non-perfumed anti-bacterial liquid soap dispensers are preferable to bars of soap which can be contaminated more easily.
- Thoroughly rinse off all soap to avoid contamination and then dry your hands on a lint-free towel to prevent getting lint on the fashion eye accessories.
- Use oil-free and fragrance-free eye makeup.
- Use water-resistant mascara and eyeliner to prevent flaking and smudging.
- Make sure the eye accessory is fully immersed in the solution. Never use unless fully hydrated (wet) in solution.
- Always clean & disinfect before re-insertion into the eye.
- Clean, rinse and disinfect eye accessories after each use.
- Replace immediately if they become damaged / scratched or if they have deposits which cannot be removed.
- Call your optician if you have any redness, pain, swelling or irritation, burning sensation, excessive watering, increasingly blurred vision, coloured haloes around light sources and / or sensitivity.

#### Don't...

- Use tap water or saliva to wet your eye accessories or case.
- Wear makeup or put them in if your eyes are swollen, red or infected.
- Go to bed with a painful red eye - seek advice immediately.
- Allow lotions, soaps, creams, deodorants, hair sprays & cosmetics (especially metallic powders) to come into contact with the fashion eye accessories. They can cause an eye infection or irritation.
- Re-use disinfecting solution - discard and replace with fresh solution each time.
- Wear your eye accessories longer than advised and never sleep in them.
- Use mascara with 'lash building fibres' as they can damage your eye accessories.
- Use whilst swimming or during water sports, unless wearing goggles.
- Expose to hair, cosmetic sprays or excessive heat.

### Caring for your case

The case for your fashion eye accessories needs to be just as clean as the accessories themselves, after all they spend a lot of time soaking in them. Please follow our basic but essential care instructions:-

- After you've inserted your eye accessories empty your case of solution.
- Regularly rinse your case with fresh disinfecting solution and leave to air dry on a daily basis (microbes cannot multiply in dry conditions)
- Replace your cases frequently - monthly is ideal.

### Check your eye accessory is the right way out



Check before insertion that the eye accessory is not turned inside out. The trick is to place it on a finger and lift it to be directly in front of the eyes. If when you look at the side profile the edge appears almost straight up so that a cup is formed, then it is the right way out. If inside out, the edges will flare out slightly at the top i.e. make sure it looks like half a ball and not a soup bowl with a rim. If you are unsure turn it inside out again and compare which looks more like a half ball without the rim, then insert it.

Don't worry if you do place the fashion eye accessory in your eye the wrong way out. It will feel uncomfortable, but it can't do any damage, simply take it out and put it back in the correct way.

To keep your eyes and vision as healthy as possible please make sure you read all the information in this guide before inserting your eye accessories.

1. Apply make-up after inserting your eye accessories.
2. Remove the right fashion eye accessory from the storage case and rinse with solution to remove any traces of debris. (For best comfort remove from packaging and soak for 2 hours in solution prior to wearing.
3. Place on the tip of your forefinger using the preferred hand (i.e. are you right or left handed?) making sure that it is the right way out.

### Removing Lenses

To keep your eyes and vision as healthy as possible please make sure you read all the information in this guide before removing your fashion eye accessories.

1. Remove make-up before removing eye accessories
2. To avoid mixing them up it's a good idea to always insert and remove from your right eye first.
3. Look up at the ceiling and pull down your lower eye lid with your middle finger.
4. Bring your forefinger close to your eye until you touch the lower edge of the accessory and then slide down to the lower white part of your eye.
5. Gently squeeze the accessory between your thumb and index finger and remove it.
6. Put into the storage case before removing the accessory from your other eye.
7. Remove the other eye accessory following the same procedure.

**Another method** - instead of gently squeezing the accessory, slide it down to the inner corner of the eye until it can go no further and flips out.

**Important** - Ask yourself three questions each time you wear your fashion eye accessories.

1. Do my eyes look good? - No redness
2. Are my eyes comfortable? - No discomfort
3. Do I see well? - No unusual blurring

If the answer to any of the questions is 'no', remove your eye accessories and consult with an optician.

If you suffer from any of the following, don't use Colour Eye Accessories:

- Any eye infections (e.g. Conjunctivitis)
- Any corneal condition (e.g. Keratitis)
- Any allergic eye conditions (e.g. Hay fever)
- Any chronic eye conditions (e.g. Glaucoma)

**Please note: 'If you have any doubt whatsoever as to the suitability of Eye Accessories as an aesthetic and fashion eye colour enhancement then please consult your medical or eye care practitioner.**

4. Place the middle finger of the same hand close to your lower lid and pull the upper eyelid upwards with the middle finger of the other hand so you won't blink.
5. Look up at the ceiling or straight ahead and gently place the eye accessories on the lower part of your eye.
6. Gently release the lid and close your eye for a moment... and then blink. It will centre itself automatically.
7. If you cannot see the fashion eye accessory use a well lit mirror to help locate it. It can never be lost in your eye.
8. Do not re-centre the accessory with your finger. Instead use your eyelid to move and reposition it.
9. Avoid rubbing your eyes after you have inserted eye accessories as this can irritate the eye or dislodge them.
10. Avoid touching eye accessories with your finger nails. Make sure your finger nails are short and smooth.
11. Repeat procedure for your left eye.
12. Check to be sure that the eye accessory is centred by covering the other eye. If your vision is crisp and clear then it is in place.



**Another method** - Follow the points 1-3 from above then...

4. With the other index finger on your hand pull the bottom lid of your eye down.
5. Take the eye accessory as close to your eye as possible and then look slightly up and focus on a point on the wall (this is to prevent you from blinking). Keep moving the eye accessory forward slowly until it makes contact with your eye and hold it there while it settles. Try not to press too hard as it will automatically tract to your eye.

... continue with points 6-12 from above.