

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 lens.

1. Remove make-up before removing lenses
2. To avoid mixing up your lenses it's a good idea to always apply and remove the lens for 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 lens and then slide the lens down to the lower white part of your eye
5. Gently squeeze the lens between your thumb and index finger and remove it
6. Put the lens into the storage case before removing the lens from your other eye
7. Remove the other lens following the same procedure

Important - Ask yourself three questions each time you wear your lenses:

1. Do my eyes look good? - no redness
2. Do my lenses feel good in my eyes? - no discomfort
3. Do I see well? - no unusual blurring

If the answer to any of the questions is 'no', leave your lenses out and consult with your lens care practitioner.

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ColourVUE lenses supplied are non corrective fashion accessory lenses which conform to the strict guidelines laid down by the EU. Lenses must not be sold to people under the age of 16.

How to use and care for your ColourVUE lenses

The Secret for
BIGGER EYES SEXY LOOKS

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

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The do's and don'ts of ColourVUE lens wear.

Do...

- Wash your hands with soap prior to handling your lenses – 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 lenses
- Use oil-free and fragrance-free eye makeup
- Use water-resistant mascara and eyeliner to prevent flaking and smudging
- Make sure the lens is fully immersed in the solution. Never use lenses unless fully hydrated (wet) in solution
- Always clean & disinfect lenses before re-insertion into the eye
- Clean, rinse and disinfect your lenses after each use
- Replace lenses if they become damaged / scratched or if they have deposits which cannot be removed
- Make sure you have a spare pair of contact lenses
- Call your optician if you have any redness, pain, swelling or irritation, pain, burning sensation, excessive watering, increasingly blurred vision, coloured haloes around light sources and / or sensitivity
- Visit your eye-care practitioner regularly for a routine check-up

Don't...

- Use tap water or saliva to wet your lenses or lens case
- Wear makeup or put in your lenses 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 lenses. They can cause an eye infection or irritation
- Re-use disinfecting solution – discard and replace with fresh solution each time lenses are stored
- Wear your lenses longer than advised and never sleep in them
- Use mascara with 'lash-building fibres' as they can damage your lenses
- Use your lenses for swimming or water sports, unless wearing goggles
- Expose your lenses to hair- or cosmetic sprays or excessive heat

Lens Case Care

Your lens case needs to be just as clean as your lenses, after all they spend a lot of time soaking in them. Please follow our basic but essential lens case care instructions:-

- After you've inserted your lenses, 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 you lens is the right way out



Check before insertion that the lens is not turned inside out. The trick is to place the lens on the finger and lift it to be directly in front of your eyes. If when you look at the side profile of the lens that the lens 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.

Another test is to place the lens across the middle of a defined crease in the palm of your hand. Slightly pull the fingers in towards the wrist, the lens will then flex. If the edge of the lens curls inwards it is the correct way out. If the edge curls outwards and wraps onto the palm of the hand it is inside out in which case reverse the lens to be the right way out before inserting.

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

Inserting your Lenses

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

1. Apply make-up after inserting your lenses
2. Remove the right eye's lens from the storage case and rinse your lens with solution to remove any trace of debris (if you're using a new lens simply take them out of the package, no solution is needed)
3. Place the lens on the tip of your forefinger using the preferred hand (i.e. are you right or left handed?) making sure that the lens is the right way out
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 lens on the lower part of your eye
6. Gently release the lid and close your eye for a moment...and then blink. The lens will centre itself automatically
7. If you cannot see the lens use a well lit mirror to help locate it. The lens can never be lost in your eye
8. Do not re-centre the lens with your finger on the lens. Instead use your eyelid to move and reposition the lens
9. Avoid rubbing your eyes after you have inserted lenses as this can irritate the eye or dislodge the lens
10. Avoid touching lenses with your finger nails. Make sure your finger nails are short & smooth
11. Repeat procedure for your left eye's lens
12. Check to be sure that the lens is centred by covering the other eye. If your vision is crisp and clear then the lens is in place

