

# Let's Come Clean!

Keep your peepers looking pretty with proper lens care.

With COMPLETE™ Easy Rub™, cleaning your lenses is so easy!



Advanced Medical Optics scientific promotion manager and experienced optometrist Dr Gunter Wong dispels some common misconceptions:

**Q1. Why do I have to use the multi-purpose solution to clean my contact lenses? Isn't it OK to simply rinse them with tap water?**

No, definitely not! In fact, the use of tap water to clean your lenses may lead to a possible risk of contamination with pathogenic microbes.

COMPLETE™ Easy Rub™ Multi-Purpose Solution, on the other hand, is a strong protective formula for contact lenses that has huge disinfecting power and can remove more than 99,999 per cent of microbes, when used as directed.

**Q2. To rub or not to rub, that is the question. Can I just dump my contact lenses into the "No Rub" solution?**

Rubbing is professionally recommended as the superior method to clean contact lenses. The Rub & Rinse regimen has been proven to remove more than 99 per cent of microbes and 80 per cent of deposits from the lens surface. COMPLETE™ Easy Rubs™ is specially developed to make rubbing easier, and is currently the only multi-purpose solution that has achieved this.

Aren't contact lenses one of the greatest inventions that you know of? With them, we can say goodbye to spectacles that sit heavily on our noses, and let our beautiful eyes say hi to the world.

However, improper lens care can cause redness and itch to our eyes. Imagine this dream scenario turned into a nightmare: you lock eyes with a cute guy across a crowded room — only to scare him away with your puffy, bloodshot eyes. Heaven forbid!

Dr Stan Isaacs, president of the Singapore Contact Lens Society and the Society of Orthokeratology (Singapore), as well as director of clinical research at I & Vision Research Center Pte Ltd and a practising optometrist, shares a few lens care tips: "Lenses have advanced so much over the years that patients take them for granted as safe, over-the-counter cosmetic products. However, contact lenses are ultimately medical devices for the eyes, and need to be cared for and managed properly."

He adds: "Rubbing and rinsing is advocated by eyecare professionals as an important step in safe lens wear. Rubbing, which takes no more than a few seconds, is instrumental in preventing eye infections."



**Q3. I have sensitive eyes, I'm afraid COMPLETE™ Easy Rub™ may not be suitable for me.**

Don't worry! COMPLETE™ Easy Rub™ has a unique Rub formula that is gentle on your eyes, but strong against microbes. It is also low in cytotoxicity, which means that it is less harmful on our cells, thereby reducing the chances of ocular irritation.

Proper lens care isn't that difficult. It only takes five easy steps!

## step 1

Wash your hands with soap and water, and dry them with a clean towel before handling your contact lenses.



## step 2

Using the middle finger of your dominant hand, gently pull your lower eyelid downwards. Then, take out your lens by gently pinching it between your index finger and thumb.



## step 3

Wet your lens with three drops or more of COMPLETE™ Easy Rub™ Multi-Purpose Solution, then gently rub your lens from the centre to the edges for at least 10 seconds. Never rub in a circular motion, because it may tear the lens and not clean the outer edge.



## step 4

Rinse both sides of your lens for at least five seconds with COMPLETE™ Easy Rub™ Multi-Purpose Solution.



## step 5

Store your lens in a clean case filled with fresh COMPLETE™ Easy Rub™ Multi-Purpose Solution. Allow them to soak for at least six hours, and remember to replace your storage cases at least once every three months to ensure cleanliness.



Here are five basic rules for contact lens care. Remember them well and share them with all your friends!

Before handling lenses or lens cases, always wash your hands with perfume-free soap and dry them with a lint-free cloth.

Use COMPLETE™ Easy Rub™ to carry out the Rub & Rinse regimen. Contact lenses can be stored in unopened lens cases containing COMPLETE™ solution for up to 30 days, after which, the Rub, Rinse and Soak regimen must be repeated prior to wear.

It is important to keep the contact lens cases clean and air-dry them after use.

Never reuse used solution by mixing it with fresh solution or reusing it.

Never use water to store, clean or rinse your lenses, and avoid getting water directly into your eyes, on the lenses as well as in the lens case.

