



# Information Sheet

## Plano, Novelty Contact Lenses

This information sheet is for individuals who intend wearing contact lenses as a novelty item or to change the colour of their eyes without correcting their vision. Contact lenses that have no optical power are referred to as “plano” lenses.

### WARNING

Incorrect/Inappropriate use of contact lenses can lead to:

- Inflammation, redness of the white part of the eye, or infection
- Sore or watery eyes
- Swelling or sensitivity of the eye area
- Slipping or movement of the lens
- Dry eyes
- Impairment of vision
- Allergic reaction

If you experience any of the above problems, remove the lenses IMMEDIATELY and contact a doctor or an eye care professional.

Contact lenses are NOT suitable for everyone. If you suffer from diabetes, corneal swelling, allergies, conjunctivitis or other eye infections you should consult a doctor or optometrist before wearing the lenses.

Failure to follow any of the following directions could cause permanent damage to your eyes.

To eliminate the risk of almost all serious complications, it is recommended that novelty and coloured contact lenses be discarded after use as directed by the manufacturer.

### Care and maintenance of lenses

- Always wash your hands thoroughly before handling and cleaning contact lenses
- Plano lenses are to be discarded after use as directed by the manufacturer
- Should you use the lenses more than once, always clean and disinfect them according to the cleaning solution instructions after each occasion they are worn
- Always store your lenses in clean cases
- Never use tap water to clean or store lenses
- Always use the correct cleaning and storage disinfecting solutions
- Ensure the cleaning solution being used is within the expiry date. This solution is only effective for a limited period
- Ensure you have clean and cut fingernails before inserting your lenses
- Always insert and remove your own lenses. Do not let anyone else, except a doctor or optometrist, insert or remove your lenses
- Never use lenses after the discard date

### Wearing the lenses

- Remove your lenses before sleeping
- Plano lenses should not be worn for more than 6 hours at one time
- Never wear lenses belonging to another person, or allow anyone else to wear your lenses
- Do not swim or use a spa pool whilst wearing your lenses
- Some plano lenses temporarily affect vision. Driving is not recommended
- If you have an eye or eyelid infection, do not use plano lenses
- If you have a cold or flu, do not wear your lenses

