



**Alternative procedure (applies to soft and rigid contact lenses, not scleral).
Instead of lying horizontally, the mirror can be placed at an angle or hung on a wall.**

PUTTING LENSES ON:

Stand/sit in front of the mirror while squeezing the bellows “a tiny bit”, just enough to create enough vacuum force to hold the lens in the “bowl”. Place the lens in the bowl and release the pressure on the bellows. With your free hand, hold both eyelids away from the eye at the same time as you bring the tool with the lens up to the eye so that the lens comes into contact with and rests on the eye. It may be necessary to give the lens a slight push in order for it to settle onto the eye. This is done by gently squeezing the bellows.

Some people may find it more convenient to switch hands before putting on and/or taking out the second lens.



TAKING LENSES OUT:

Stand/sit in front of the mirror while squeezing the bellows just enough to create enough vacuum force for the contact lens to adhere to the tool. Here, you will have to experiment a little, so start carefully. With your free hand, hold both eyelids away from the eye as you bring the tool towards the upper part of the lens. When the bowl is placed on the lens, release the pressure on the bellows. The contact lens now adheres to the tool and can be carefully “rocked” out of the eye. If the tool comes away from the lens, the procedure must be repeated with a slightly stronger squeezing of the bellows to increase the vacuum pressure. Do not be afraid to squeeze the bellows all the way in/fully. Proceed carefully. The tip/“bowl” **must not** touch the eye.



PUTTING LENSES ON USING A STAND:

Place the stand on a table, preferably on top of a magnifying mirror. Remove the two narrow parts from the lens tool and place it in the “pipe” of the stand, with the suction cup facing up. Place the lens horizontally in the suction cup. Fill the lens with saline solution (if your lens type requires this; otherwise, do not do so). Turn on the torch on your phone, or another small torch, and shine it onto the reflector in the opening (the “wooden insert”) at the bottom of the stand. You will then see the light in the middle of the lens. Hold both eyelids away from the eyes with both hands and gently bend your head down while keeping your focus on the light in the center of the lens. Gently press your eye against the lens and tilt the lens onto the eye.

The contact lenses should be cleaned and stored according to the instructions given by your contact lens provider.

Many people find it difficult to put on and take out their lenses at first. The usual approach is trial and error. Be patient, ask for advice and remember that practice makes perfect.



We thank you so much for the trust that you have chosen to buy the lens tools from Easy On Off. By buying our products, you help to prevent eye disorders, as well as to improve the eye health of other people all over the world.

FROM IDEA TO VISION

I started to wear scleral contact lenses on 15/12/2018. At Christmas that year, when I sat at the living room table to insert the lenses with my fingers and small lens tools, my eyes became sore and red, and I felt frustrated and dejected. Then the candles on the Christmas tree were lit, and then I got the idea. I took a slightly burnt candle, placed the lens on top and filled it with saline solution, and suddenly the lenses went on, on the first try. After that, I received help, from good helpers, to develop the idea into the tool you now hold in your hand. My helpful optometrist, Erik, told me that many people need a helping hand when inserting their lenses. Then the inventor in me had to develop a stand for these too. The result is the handy little stand you have now bought.

Our vision is now to help lens wearers all over the world, who struggle with handling their lenses, and thus make everyday life easier for them.

I hope and believe that the tools from Easy On Off will make your everyday life a little easier.

Rune Odegård



THANK YOU VERY MUCH FOR CHOOSING EASY ON OFF LENS TOOL.

This is a user guide for putting on and taking out contact lenses using the Easy On Off lens tool.

It is important that you follow the instructions given by your contact lens provider regarding the use and care of the contact lenses and their case.

Before putting on and/or taking out the contact lenses, it is important that you wash your hands thoroughly with soap and water and then dry them completely. The tool must be cleaned beforehand with an approved disinfectant and be completely dry. It is recommended that you clean the tool after use so that it can air dry until the lenses have to be put back on.

NB! The tool can be disinfected by boiling it in water for up to 3 minutes.

NB! Try to keep both eyes open when using the tool.



PUTTING LENSES ON:

1. Place a mirror (preferably one with magnification) on a coloured towel (this makes it easier to find the contact lens if it falls).

2. Sit at a table, hold the thick part (bellows) of the tool with your thumb on the eye mark, and the end pointing towards the palm of your hand. Use the hand you write with, or the hand that is the steadiest, to hold the tool.

3. Hold the tool vertically, without squeezing the bellows, and place the contact lens in the “bowl” on the tip of the tool. The lens should only balance in the bowl. If you hold it too firmly, you will have squeezed the bellows, thereby creating a vacuum.

4. Bend your head over the mirror and hold it at about 90 degrees. With your free hand, hold both eyelids away from the eye at the same time as you bring the tool with the lens up to the eye so that the lens comes into contact with and rests on the eye. It may be necessary to give the lens a slight push in order for it to settle onto the eye. This is done by gently squeezing the bellows (the thick part of the tool).



NB! It is important to keep the lens horizontal/level while putting it in. Some people may find it more convenient to switch hands before putting on and/or taking off the second lens.

Scleral lenses must be filled right up to the rim with saline solution (purchased from an optician/ pharmacy) before they are put on.

TAKING LENSES OUT:

1. Sit at a table with your head bent at about 90 degrees above the mirror.

2. Use the hand you write with, or the hand that is steadiest, to squeeze the bellows on the tool. Start by squeezing a little bit at a time. You will have to experiment until you know how much vacuum power is needed. Don't be afraid to squeeze the bellows all the way in/fully.

3. While holding both eyelids away from the eye with your free hand, put the tip or “bowl” of the tool on the upper half of the lens. Then, release the pressure on the bellows. If there is enough vacuum power, the



lens can be carefully “rocked” off the eye. If the tool comes away from the lens, repeat the experiment, but this time, ensure to squeeze the bellows slightly harder. An alternative way is to put the tool on the lower half of the lens, but using the tool on the upper half is usually best.

NB! It is important that the “bowl” on the tip of the tool is placed perpendicular to the upper or lower part of the lens. The tip/“bowl” **must not** touch the eye.

Tip: If the lenses are “stuck fast”, apply a few drops of saline solution to your eyes and blink a few times. Then, attach the suction cup to the lens, tilt your head back and look down. Then, try to rock the lens off. This normally loosens it.