

## Patient Care Instructions – Menicon

### On Removal (*morning*)

- 1) Instil Xailin or HyloForte lubricating drops immediately upon waking.
- 2) Remove lenses (except for the first morning – leave in for review visit).
- 3) Rub lenses for 10-15 seconds on each side with Menicare Plus solution.
- 4) Place lenses in lens holders (“white is right”) and rinse with Menicare Plus solution.
- 5) Store lenses in lens case in fresh Menicare Plus solution.
- 6) Leave lenses in Menicon lens case until ready to wear at bedtime.
- 7) Fortnightly use Menicon Progent for removal of protein and other deposits – lenses should soak in Progent for 30 minutes in-between steps 3) and 4) above.

### On Insertion (*bedtime*)

- 1) Instil Xailin or HyloForte lubricating drops 10 minutes before inserting lenses.
- 2) Instil Xailin or HyloForte lubricating drops again just prior to lens insertion
- 3) Insert lenses with Xailin or HyloForte lubricating drops on each lens.
- 4) Rinse case briefly and air dry.
- 5) Sleep in lenses overnight.

