



All I need to take care
of my contact lenses

with the Z Junior Pack*

**MeniCare Plus 250 ml
multipurpose solution
& lens-case**

**Menicon Progent
5 treatments & vial
for intensive cleaning**

**And a 50 ml MeniCare Plus
pocket bottle**



click on

www.menicon.com

* Special Junior pack limited to children <16 years old - Pictures : all rights reserved - Ref. : ME 0130406/1



My contact lens book



Don't wait to be older to say Yes !
to contact lenses...

 **Menicon**



My first Z Junior CONTACT LENSES:

You don't have to wait to be older to begin to wear contact lenses if you want an alternative to glasses at school, for sport, with your friends...

Z Junior lenses are recommended by your eye-care specialist to optimize your vision.

You will discover a new world by wearing your contact lenses and they will progressively become very comfortable within a few days for long time wear.

They are made of Z material which is hyper oxygen transmissible to let your eyes breathe.

Your Menicon lenses respect your eyes. They are part of your life now...

To take the best care of your lenses. click on www.menicon.com



To note:

Date	My contact lens prescription	One year Replacement date
	R : _____ L : _____	
	R : _____ L : _____	
	R : _____ L : _____	
	R : _____ L : _____	



Handling my contact lenses

Z Junior lenses are easy to handle.

Before handling remember the followings:

- Wash, rinse and dry your hands thoroughly.
- Close the sink before handling lenses in the wash basin.
- Always begin with the same eye when handling your lenses (right (R) and then left (L)) to avoid mix-ups.
- Apply make up after lens insertion and remove it after removing the lens.
- And close your eyes when using hair sprays or perfumes.

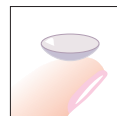


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To insert your lenses:

1. Unscrew the right (R) cap of the lens case and rinse the lens with MeniCare Plus solution.
2. Place the lens on your right index finger with the help of your thumb to open the contact lens holder.
3. Hold your eyelids wide apart with the middle finger of the same hand and forefinger of the other hand.
4. Keep your eye wide open and slowly bring your lens up to the eye looking straight ahead to gently place the lens on the cornea.
5. Release the eyelids and blink gently.
6. Check your vision by masking the other eye.
7. Repeat this procedure for the other lens (L).



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To remove your contact lenses:

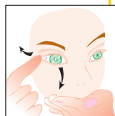
1- Fill your lens case with MeniCare Plus solution.

2- Always remove the same lens first.

You can choose between several methods

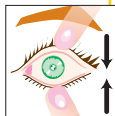
Method 1

- Lean your head forward, put your forefinger at the outer edge of your eye.
- Open your eyes wide, pull the eyelids outwards and blink at the same time : The contact lens will come off immediately.
- Catch it in your other hand.



Method 2

- Place your dominant forefinger on the lower eyelid at the base of the eyelashes and your other index finger on the upper eyelid.
- Open your eyes wide and move your fingers towards each other, exerting a slight pressure to separate the lens from the eye.



Method 3 Using the Menicon Suction Cup (MeniCup)

- Rinse it with a small amount of MeniCare Plus solution.
- Hold the Suction Cup between forefinger and thumb.
- Lower the lower eyelid with the middle finger of the same hand.
- Hold the upper lid open with the other hand and put the suction cup on the center of the lens.
- Pull away the suction cup with the lens.
- Gently release the cup from the lens.



3- Clean, rinse and soak your lens in the lens case.

4- Repeat the same procedure for the other lens.





I clean my contact lenses everyday !

For better safety, comfort and vision

When removing your contact lenses:

1. Rub gently each lens with few drops of MeniCare Plus solution (by putting the lens in the palm of your hand and cleaning it with your small finger of the other hand).
2. Rinse the lens thoroughly with MeniCare Plus solution.
3. Store the lens in the lens case filled with fresh MeniCare Plus solution until you wear them again.

Before inserting:

Rinse your lenses with MeniCare Plus solution.



Never use tap water or saliva to clean or rinse your contact lenses !

- ***Don't forget to close the bottle cap of the solution.***
- ***Change the soaking solution in the lens case:***
 - every day if you wear your lenses.
 - every month at least if you don't wear your lenses.
- ***Lens case:***
 - keep your lens case clean and change it monthly.
 - Spread carefully the lens holder when inserting/removing your lens.
 - ***do not use a damaged or dirty lens case !***



Progent day once a week

Important to remember to my parents!

Intensive cleaning with Menicon Progent:

- 1- After reading carefully the product instructions, your lenses should be cleaned in a special vial filled with Menicon Progent A&B doses.
- 2- After 30 minutes treatment, the lens should be rinsed **thoroughly** with MeniCare Plus solution before storing them in your lens vial.
- 3- Before inserting your lenses: rinse them again with MeniCare Plus.



My Sport activities



Sport with my Z Junior lenses	Agenda
Tennis	
Dance	
Fencing	
Ski	
Gymnastic	
.....	




- At the swimming pool, it is better to remove your Z junior contact lenses to avoid losing them. (Ask your parents to buy special goggles for swimming if you really need to keep them.)
- **Active sport** (judo, boxing, rugby...) are not recommended with your Z junior contact lenses.
- Avoid dusty environment such as riding.

TIP in case of dust sensation :
Remove your lens, clean and rinse it with MeniCare Plus before inserting it again.



My wearing schedule

- Respect the recommended wearing time: daily wear up to..... hours by day continuous wear up to..... days.
- In case of redness, discomfort, burning, vision change, remove your lenses and inform your parents.
- Don't forget to take your lens case with you (with MeniCare Plus solution) if you need to remove your lenses during the day.
- Never use other products (or lenses) than yours.
- Don't forget your glasses if you need to remove your contact lenses !

 ***Never sleep with your lenses without consulting your eye care practitioner.***



Note the check-up dates with your eye care specialist:

Next visit:

Next visit:

Next visit:

Next visit:

Address and phone



My notes

What to do in case of discomfort or pain...

Your lenses act as a signal to say stop: you should remove your lenses and inform your parents to contact your eye care specialist.

Can I sleep with my Z Junior contact lenses?

It should be discussed before with your eye care specialist to check the option to sleep with your lenses for occasional extended wear or continuous wear.

In case of continuous wear, you should remove them at least every 30 days, and clean them with Menicon Progent treatment.



If my contact lens goes behind my eye?

This is not possible ! They can only move on the white part of the eye: you just need to re-center the lens by moving it gently.



Is it possible to break a lens?

Even if your lenses are made in Menicon Z strong material, handle your contact lenses carefully: please follow these recommendations. Menicon lenses are guaranteed for 3 months in case of breakage.

Do I have any chance of losing one of my lenses?

It rarely happens. When becoming more and more familiar with your lenses, you will manage to keep them on your eyes !

TIP in case of lens falling down:

After checking if the lens is not broken, clean and rinse it with MeniCare Plus solution before to insert again.

My notes: _____

