

Caring for Gentle Vision Shaping System (GVSS)



Getting Started



Always have clean hands when handling your contact lenses



Adhere to recommended wear schedules, solutions and drops



Inspect the lenses to make sure they are clean and free of nicks and tears



Always start with the same eye to avoid mixing up lenses



Avoid soaps with moistureizers and perfumes



A mirror and a clean microfiber or lint free towel can be helpful

Applying Retainers



Place 1-2 drops of rewetting drops inside the bowl of the GVSS retainer



Secure upper eyelid with one finger of the other hand and carefully pull down the lower eyelid with the middle finger of the lens hand



Move the contact lens towards the eye, place it; centered on the eye and then slowly release the eyelids

Removing Retainers



Insert 1-2 drops of rewetting drops to help loosen the lens



Wet the plunger with 1-2 drops of rewetting drops



Gently attach the plunger to the center of the lens



Gently pull the lens away and carefully remove it from your eye