



Dr Zoran Aleksic Inc.

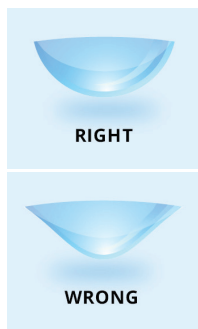
**DR ZORAN ALEKSIC**

M.D (BGD), F.C.S (SA) OPHTH  
Eye specialist / Eye surgeon

## CONTACT LENSES

### INSERTING A CONTACT LENS

- Carefully place the contact lens on the tip of one of your index fingers
- Make sure not to damage or invert the lens while handling it
- Lift the contact lens and line it up about a centimeter away from your eye
- Using your other index finger, gently pull the upper lid of your eye upwards
- Using the middle finger of the hand holding the contact lens, pull downwards on the lower lid
- Move the contact lens towards the eye steadily
- Looking slightly upwards may help to avoid blinking or closing your eye
- Center the lens on your eye before gently placing it and releasing the lids
- Blink slowly as to not dislodge the contact lens
- If you notice pain or discomfort then you may need to clean your lens



### TAKING OUT A CONTACT LENS

- (Optional) Lubricate your eyes with eye drops
- Look slightly up and use the middle finger of your dominant hand to pull the bottom lid down
- Use the index finger on the same hand to make contact with the lens, sliding the lens downwards on your eye
- With your index finger and thumb, squeeze the lens gently and remove it from your eye
- Place it in lens solution

### AFTERCARE FOR CONTACT LENSES

After having removed the lens from the eye, it would be best to:

- Put a drop of solution on the contact lens
- Rub solution over the lens, while placed on your hand
- Once clean, place the lens in new solution
- Close the case and put the lenses away for the night.

### FRAME BRANDS

We have a collection of international brands at our practice. High quality designs that are stylish enough to suit any look:

- Vinyl Factory
- Modo Eyewear
- MYKITA
- And more

For bookings or enquiries, please phone us on:  
021 426 4842 | [info@eyesurgery.co.za](mailto:info@eyesurgery.co.za)



@DrZAleksic

# DIRECTIONS

## Cape Town Medi Clinic

21 Hof Street, Oranjezicht, 8001

33° 56' 8.808" S

18° 24' 38.771" E



## Life Peninsula Eye Hospital

23 Wilderness Road, Claremont, 7700

33° 59' 9.699" S

18° 28' 6.381" E



## Life West Coast Private Hospital

22 Voortrekker Road, Vredenburg, 7380

32° 54' 42.804" S

17° 59' 24.215" E



## Tuinstraat Gesondheidssentrum

16 Tuinstraat, Malmesbury, 7299

33° 27' 47.912" S

18° 43' 41.894" E

