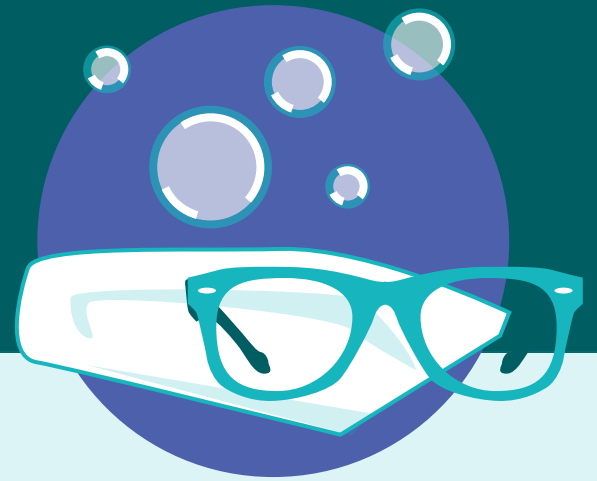


Do's and don'ts of cleaning your glasses



Avoid

Be sure you **do not** clean your glasses with the following items, which could damage or scratch your glasses:

- Your clothing
- Household glass or surface cleaners
- Your saliva
- Paper towels, napkins, tissues or toilet paper



Proper cleaning technique

WASH

First, wash your hands with lotion-free soap (or liquid soap) and dry them with a lint-free towel.

Rinse your glasses under a gentle stream of lukewarm water. Avoid hot water, which can damage the lens coating.

Apply a small drop of lotion-free dishwashing liquid to each lens. Rub both sides of the lenses and all of the frame for a few seconds, including the nose pads and the ends that rest behind your ears. (You can also use a Clorox disinfecting wipe to clean nose pads and earpieces.) A soft toothbrush is useful for cleaning nose pads and hinges.

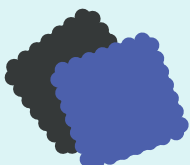
Rinse the glasses thoroughly, then gently shake to remove excess water.

DRY

Carefully dry the lenses and frame with a clean, lint-free towel (not laundered with fabric softener or a dryer sheet, which can leave a residue).

Remove any remaining streaks or smudges with a clean, microfiber cloth. You can find these at most optical shops or photography stores. Make sure you clean the cloths frequently with lotion-free dishwashing liquid and water.

For touch-up cleaning when you don't have the above supplies, try individually packaged, pre-moistened disposable lens cleaning wipes.



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