

Patient Instruction Booklet

NIGHT & DAY*



AIR breathable contact lenses*
OPTIX*
NIGHT & DAY* AQUA

**NIGHT & DAY* and AIR OPTIX* NIGHT & DAY* AQUA
(Iotrafilcon A) Soft Contact Lenses For Daily Wear
and Up to 30 Nights Continuous Wear**

Rx only

**CAUTION: FEDERAL (UNITED STATES)
LAW RESTRICTS THIS DEVICE TO SALE
BY OR ON THE ORDER OF A LICENSED
EYE CARE PROFESSIONAL.**

Alcon[®]
a Novartis company

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COMMONLY USED TERMS

- Cornea** The clear “window” of the eye, permitting light to enter, located in front of the iris and pupil.
- Iris - The colored part of the eye which controls the size of the pupil.
 - Pupil - The black round opening surrounded by the iris.
- Disinfection** A process that kills harmful microorganisms (germs) which can cause serious eye infections.
- Lens Deposits** Particles such as cosmetics, lotions, protein from the tear film, environmental pollutants, etc., which collects on the lens surface.
- Extended Wear** Contact lens wear for 24 hours per day, including while sleeping.
- Visual Acuity** A measurement of vision performed by an eye care professional. (for example “20/20 vision”)
- 30 Night Continuous Wear** Extended wear for up to 30 nights in a row.

The following may appear on the labels or cartons.

Symbols/Signs	Description
	CAUTION: FEDERAL (UNITED STATES) LAW RESTRICTS THIS DEVICE TO SALE BY OR ON THE ORDER OF A LICENSED EYE CARE PROFESSIONAL.
	Steam sterilized
	Use by date (Expiry date)
	Batch code
	Example of two letter language code (English)
DIA	Diameter
BC	Base curve
PWR	Lens power
	European conformity sign
	See product instructions
	Authorized Representative European Community
	Manufacturer
	Packaging waste license sign

INTRODUCTION

Welcome!

NIGHT & DAY* and **AIR OPTIX* NIGHT & DAY* AQUA** lenses are a breakthrough in soft contact lenses and represent an innovative option for contact lens convenience and comfort. This booklet explains how to safely use your **NIGHT & DAY** and **AIR OPTIX NIGHT & DAY AQUA** lenses. Read it carefully and keep it in a safe place for future reference.

Eye care professionals may prescribe the lenses for vision correction in healthy eyes or as a bandage lens for therapeutic use. If you are under an eye care professional's care for therapeutic use, see the section titled "**SPECIAL INSTRUCTIONS FOR THERAPEUTIC LENS WEARERS**" for additional important safety information.

About Your Contact Lenses

Your **NIGHT & DAY** and **AIR OPTIX NIGHT & DAY AQUA** lenses may be prescribed for daily wear or extended wear for up to 30 nights of continuous wear, with removal for disposal, or cleaning and disinfection prior to reinsertion, as recommended by your eye care professional. These lenses are made of a lens material that provides a high level of oxygen to your eyes and has been surface treated to wet with your tears.

Your eye care professional will determine the replacement schedule as well as the length of time the lenses are to be worn each day before removal for cleaning, rinsing and disinfection. If you need to wear lenses for less than 30 nights your eye care professional will advise you on the appropriate use of contact lens care products as an alternative, or may recommend disposable use.

For daily wear, lenses are worn for part of a day and not worn while sleeping. For extended wear, lenses are worn while you are awake and asleep. Once the lenses are removed, your eyes should have a rest without lens wear for at least one overnight. Your eye care professional will tell you how long to rest your eyes in between wearing periods and will also recommend a replacement period and appropriate lens care products that are right for you.

For your eye health, it is important that you follow the wearing and replacement schedule as prescribed by your eye care professional. If you wear your lenses too long, you can harm your eyes.

NIGHT & DAY and **AIR OPTIX NIGHT & DAY AQUA** lenses are available in a spherical design in a range of prescriptive powers that can be used to correct nearsightedness (myopia) or farsightedness (hyperopia). Your eye care professional will prescribe the appropriate lens design and prescriptive power (PWR) that's needed to correct vision in your right and left eye.

About This Booklet

Read this booklet carefully and follow all of the instructions.

This booklet explains how to wear and care for your new lenses. If you have questions after reading this booklet, call or visit your eye care professional. Also, you may call Medical Product Information toll free in the USA at 1-800-757-9785.

Successful, safe contact lens wear depends on following the recommendations of your eye care professional and practicing good lens care habits. If you do not, you may:

- Increase the chances of serious eye infection and injury.
- Cause damage to your contact lenses.

WARNINGS AND PRECAUTIONS

What You Should Know About Contact Lens Wear

Warning

Serious injury to the eye, scarring of the cornea, and loss of vision may result from problems associated with wearing contact lenses and using lens care products.

Eye problems, including corneal ulcers, can develop rapidly and lead to loss of vision. Immediately call or visit your eye care professional for persistent symptoms of any eye discomfort, watering, and vision change, or redness.

Extended Wear

Overnight wear of contact lenses has been shown to increase the risk of certain serious contact lens related complications. **Do not wear your contact lenses for extended wear (24 hours a day including during sleep) unless directed by your eye care professional.**

Therapeutic Use

Patients wearing therapeutic lenses require close professional supervision and monitoring.

Smoking

Be sure to inform your eye care professional if you smoke. Smoking increases the risk of serious problems with contact lens wear, especially when lenses are worn overnight.

Following Directions

Be sure to follow exactly the instructions of your eye care professional and manufacturers' labeled lens care instructions for the proper use and care of your contact lenses and lens care products, including lens cases. Failure to do so may put you at significant risk of developing a serious eye infection.

Back-up Spectacles

You should always have a pair of spectacles that you are willing to wear if a problem occurs with your contact lenses. (See the *“What To Do if a Problem Occurs”* section)

Use Proper Lens Care Solutions

Do not use saliva, tap water, distilled water, or homemade saline solution for any purpose in caring for your lenses. The use of these solutions has been associated with serious eye infections including Acanthamoeba keratitis, a corneal infection which is resistant to treatment and cure.

Adverse Effects (Possible Problems)

It is possible that problems can occur and may be accompanied by one or more of the following conditions:

- Moderate to severe eye pain not relieved by removing the lens.
- Feeling of something in the eye.
- Unusual eye secretions.
- Eye redness.
- Sensitivity to light (photophobia).
- Eyes burn, sting or itch.
- Eyes water.
- Reduced sharpness of vision.
- Rainbows or halos around objects.
- Uncomfortable lens.
- Feeling of dryness.

A serious condition such as corneal ulcer or eye infection may be present and may progress rapidly. Even less serious reactions such as a scratched cornea must be treated promptly to avoid more serious complications.

What To Do if a Problem Occurs

If you experience any of the above signs or symptoms, immediately remove your lens(es). Identification of the problem and prompt treatment may help avoid serious eye damage.

IMMEDIATELY remove the lens(es).

1. If the discomfort stops, then look closely at the lens(es).

- **If the lens(es) are damaged in any way, DO NOT put the lens(es) back on your eye. Place the lens(es) in the storage case, or discard and contact the eye care professional.**
- **If the lenses have dirt, an eyelash or other foreign body on them, and the lens(es) appear undamaged, thoroughly clean,**

rinse, and disinfect the lenses, then reinsert. After reinsertion, if the problem continues, remove the lens(es) immediately and contact the eye care professional.

- 2. If discomfort continues after you have removed your lenses.**
 - **IMMEDIATELY contact the eye care professional.**
 - **Do not insert a new or spare lens onto an eye that is red, irritated, or painful. A new lens may hide symptoms and delay treatment.**

When Lenses Should Not Be Worn

Contact lenses should not be worn under certain general health and eye conditions (unless prescribed by your eye care professional for therapeutic use). Only your eye care professional can determine if continued contact lens wear is right for you. These include the following:

- Inflammation or infection in or around the eye or eyelids.
- Excessive dryness of the eyes that makes contact lens wear uncomfortable.
- Any condition which reduces corneal sensitivity.
- Systemic diseases that may be affected by or impact lens wear.
- Allergic conditions, reactions, or ocular irritation caused or exaggerated by lens wear or certain preservatives in lens care products.
- The use of any medication, including some eye medications, that should not be used with, or interferes with contact lens wear.
- If eyes become red or irritated.

CLINICAL STUDIES

Vision Correction, Healthy Eyes

Extended Wear Studies:

Two extended wear studies of NIGHT & DAY* lenses have shown that the product is safe and effective for vision correction for up to 30 nights of continuous wear.

A total of 697 NIGHT & DAY lens test subjects were enrolled in a one-year pre-market clinical trial at 59 investigative sites throughout the United States. A further 6,245 NIGHT & DAY lens wearers were observed in a one-year post-market clinical trial at 131 investigative sites in the United States.

Safety: In the extended wear clinical trials, approximately 3-5% of wearers experienced at least one episode of infiltrative keratitis, a localized inflammation of the cornea which may be accompanied by mild to severe pain and may require the use of antibiotic eye drops for up to one week. Other less serious problems were conjunctivitis and lid irritation or discomfort while wearing the lenses, including dryness of the eye and mild burning or stinging.

The post-market study found that for a typical year of wear, 2.8% of people were treated with antibiotic or steroid eye drops for infiltrative keratitis. These included:

- 0.18% (18 out of every 10,000) who developed a severe corneal infection, with

- 0.04% (4 out of every 10,000) who experienced a permanent reduction in vision by two or more rows of letters on an eye chart.

Effectiveness: Wearing Schedule – Not everyone reached and maintained the maximum extended wear time of 30 continuous nights for the entire one-year period. Approximately 80% of wearers are able to wear the lenses for extended wear, and about two-thirds of wearers achieve the full 30 night continuous wearing schedule. *Visual Acuity* – Approximately 93% of all subjects achieved at least 20/25 vision while wearing the lenses.

Therapeutic Use

A clinical study evaluated the safety and efficacy of NIGHT & DAY* lenses used as a therapeutic lens for corneal conditions in 39 subjects at three medical practices in Europe. The conditions treated in the study included corneal erosions and recurrent erosions, bullous keratopathy, corneal edema, corneal dystrophy, neurotrophic ulcer, entropion, and post-surgical conditions.

When used for pain relief, the lens was considered fully effective in 78% of these cases, partially effective in 17% of the cases and ineffective in 6% of the cases. When used to improve corneal signs, the lens was fully effective in 74% of the cases and partially effective in the remaining 26%. Corneal infection in two cases were considered as related to the lens use.

RISK ANALYSIS

While there are many benefits of wearing contact lenses, sometimes problems occur. You should carefully discuss the benefits and risks of extended wear lenses with your eye care professional.

With overnight contact lens wear there is an increased risk of developing a serious eye infection, such as a corneal ulcer. A corneal ulcer may develop rapidly and cause eye pain, redness or blurry vision as it progresses. If left untreated, a corneal scar, and in rare cases, loss of vision may result.

In addition, studies have shown that smoking increases the risk of corneal ulcers for contact lens users who wear lenses overnight.

GENERAL GUIDELINES FOR SAFE CONTACT LENS WEAR

While wearing your contact lenses, your eyes should look well, feel comfortable and your vision should be clear.

- Your lenses are provided to you in a foil sealed plastic container. Never use a lens if the container seal is broken, as damage or contamination may have occurred.
- **Do not wear your lenses longer than recommended by your eye care professional, no matter how comfortable the lenses feel. Doing so increases the risk of adverse effects.**
- Do not excessively rub your eyes while the lenses are in. You may harm your eyes or damage the lens.
- Do not get water, soap, or shampoo into your eyes during a bath or shower. These substances could get on your lenses and irritate your eyes.
- Be aware that hot and windy conditions may dry out your lenses. For example, air from a hair dryer, ceiling fan, or open car window may dry out your lenses and irritate your eyes.

- Always inform your eye care professional, physician and employer that you wear contact lenses. Contact lenses may not be used with certain medications or medical procedures, may not be suitable for certain occupations, or may require eye protection equipment.
- Exposure to water while wearing contact lenses in activities such as swimming, water skiing and hot tubs may increase the risk of:
 - eye infection, including but not limited to Acanthamoeba keratitis
 - damage to the lenses by chemicals in the water
 - loss of the lenses

Storing Your Lenses

- Store your lenses in the recommended solution when not being worn. Soft lenses are made of special materials that must be kept wet at all times to avoid damage from drying out.
- Always use fresh solution when storing your lenses. Previously used solutions can become contaminated and increase the risk of infection.
- Always follow the manufacturer’s instructions for the lens care system your eye care professional has prescribed.

When to Remove Your Lenses

- Remove your lenses for sleeping unless your eye care professional has prescribed overnight wear for you. Not all people can wear lenses while sleeping. Sleeping with lenses on increases the risk of eye infection.
- Remove your lenses immediately if they become uncomfortable. Discomfort can be an early warning sign of a more serious problem. If the discomfort continues after lens removal, contact your eye care professional. Early treatment can help avoid more serious complications.
- Remove your lenses if you will be in the presence of irritating liquids, gases, chemicals, or smoke. Your lenses can become damaged by absorbing these substances and irritate or injure your eyes. If exposed to these substances while wearing your lenses, see the section titled “**Emergencies**” in the back of this booklet.
- ***Note: Lenses removed from your eyes must be cleaned, rinsed, and disinfected prior to reinsertion.***

<p>Always wash your hands before handling your lenses. This will remove dirt and oils that could get on the lenses. Proper hand washing also helps prevent eye infections.</p>

Cosmetic Products and Your Lenses

- Lens damage, eye irritation or infection may result if cosmetics, lotion, soap, cream, hair spray, deodorant, perfume, or aerosol products come in contact with your lenses. If sprays are used, close your eyes until the spray has settled.
- Apply eye make-up only after you have inserted the lenses. Otherwise, make-up can become trapped under the lens and irritate or injure your eyes.
- Do not use nail polish remover while wearing your lenses. The fumes can damage the lenses.

Other Eye Care Products and Medications

- Do not use eye drops, solutions, or medications in your eyes unless directed by your eye care professional. These solutions may damage your lenses or irritate your eyes. You may use lens rewetting drops while lenses are worn.
- Certain medications may cause blurred vision, lens dryness, or lens discomfort. These include antihistamines, decongestants, diuretics, muscle relaxants, oral contraceptives, tranquilizers, and motion sickness medications. Always inform your eye care professional if you experience any problems with your lenses while taking such medications.
- Do not use solutions made only for hard contact lenses. They can damage your soft lenses, which may result in serious eye complications.

LENS PLACEMENT ON THE EYE

Introduction

Good hygiene habits help promote safe, comfortable, and successful contact lens wear. Cleanliness is one of the most important aspects of handling and caring for your contact lenses. Starting with clean hands helps to reduce the chance of eye infections and irritation.

Step 1 – Wash, Rinse, and Dry Hands

Always wash your hands before handling your lenses. This will remove dirt and oils that could get on the lenses. Proper hand washing also helps prevent eye infections.

- **Wash your hands thoroughly** with soap that does not have any oils, lotions, or perfumes.
 - Thorough hand washing will remove dirt, germs, and oils that could get on the lenses and cause irritation or infection. Using the proper soap prevents chemical residues from getting on the lenses.
- **Rinse your hands thoroughly** after washing.
 - This removes all traces of soap and dirt.
- **Dry your hands** with a lint-free towel.
 - This helps keep lint and dust from getting on your lenses and irritating your eyes.
- Long fingernails can make lens placement, removal and cleaning more difficult. Sharp, rough fingernails can damage the lenses.

Step 2 – Opening the Multipack Carton and Lens Container

Each NIGHT & DAY* and AIR OPTIX* NIGHT & DAY* AQUA contact lens is supplied sterile in a foil sealed plastic container (blisterpack) containing isotonic phosphate buffered saline (with or without 1% Copolymer 845 additive) and provided in a multipack carton. Locate the opening flap on the multipack carton

and pull up to break the seal.

Each multipack carton and lens container is marked with the lens power (your vision prescription). Lens powers may not be the same for both eyes, so multipack cartons have a check box for your eye care professional to mark indicating which lens is for your left and right eye. Be sure to open and use the correct lens for each eye.

The Lens Package

Each lens is supplied in a foil sealed plastic container designed to maintain sterility of the lens and saline solution. To open an individual container, follow these simple steps:

1. Shake the lens package gently, and peel back lid.
2. Carefully remove the lens from package.
 - With a clean finger, gently slide the lens out of the lens container or pour the lens onto the palm of your clean hand.
 - Do not use tweezers or other tools to remove the lens from container. This could damage the lens.



Step 3 – Inspect the Lens for Damage or Foreign Matter

Thoroughly rinse the lens with the recommended sterile solution according to the manufacturer’s instructions. This will remove any possible traces of dust, lint or other particles from the lens. Foreign material could get trapped under the lens and cause eye discomfort.

Never handle your lenses over a sink with an open drain. Shut the drain or place a clean paper towel over the opening to keep from losing your lenses.

Examine the lens to be sure it is clean and moist and does not have any nicks, tears, or particles sticking to it.

- Place the lens on the tip of your index finger and hold it up against a bright light.
- If the lens appears damaged or dried out, do not use it. Discard it and use the next lens in the multipack.

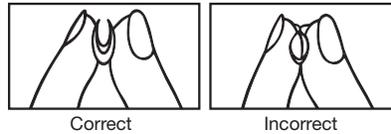
Step 4 – Make Sure the Lens Is Right Side Out

Check to see that your lens is right side out. A lens that is placed on the eye inside out may not feel comfortable or provide good vision.

Method 1

One way to do this is to place the lens between your thumb and index finger and squeeze the edges together gently.

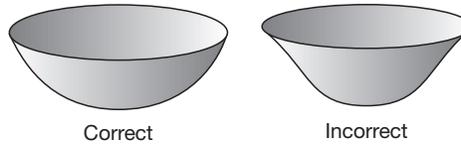
- If the edges come together, the lens is right side out.
- If the edges turn outward, the lens is wrong side out. Carefully reverse it with your fingers.



Method 2

Another way is to place the lens on the tip of your index finger and check its shape.

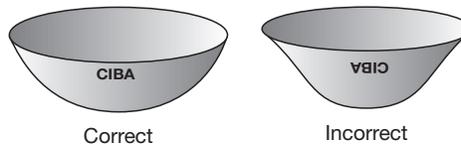
- If the edge appear bowl-shaped, it is right side out.
- If the edge has a lip or flares outward, it is wrong side out and must be reversed.



Method 3

A third way to tell if the lens is right side out is to look at the lens engravings at the edge of the lens.

- Place the lens on the tip of your index finger and hold it up against a light source.
- If the lens is right side out, you should be able to read “CIBA” at the edge of the lens. If the lens is inside out, the engravings will be reversed. Carefully turn the lens right side out with your fingers.



Step 5 - Place Lens on the Eye

After you have thoroughly washed, rinsed, and dried your hands, rinsed and inspected the lens, and made sure it is right side out, you are ready to place the lens on your eye.

Remember to start with the same lens first (right or left), then the other lens. This helps avoid getting the lenses mixed up.

1. **Place the lens on the tip of your right index finger** (left index finger if you are left-handed and this is easier for you). Make sure your finger is completely dry, or the lens may stick to your finger and will be difficult to transfer to your eye.

2. **Place the middle finger of the same hand close to your lower eyelashes and pull down the lower eyelid.**



3. **Use the fingers of the other hand to lift the upper right eyelid.**



4. **Place the lens directly on the eye (cornea) by gently rolling it off the index finger.**

5. **Look down and slowly remove your right hand, releasing the lower lid.**

6. **Look straight ahead and slowly remove your left hand, releasing the upper lid.**

7. **Blink gently.** The lens should center automatically.

8. **Repeat steps 1-7 above for the other lens.**

Your eye care professional may suggest alternate methods for insertion of the lens onto the eye.

If your vision is blurred or the lens is uncomfortable on your eye, check for the following:

- The lens is not centered on the eye (see **“Centering the Lens”**, next section)
- The lens is centered. Remove the lens (see the **“LENS REMOVAL FROM THE EYE”** section) and check for the following:
 - Cosmetics, oils, or particles on the lens. Clean and rinse the lens and place on the eye again.
 - The lens is on the wrong eye.
 - The lens is wrong side out.
 - The lens may be torn or damaged. If so, do not place the lens back on your eye. Discard the lens and replace it with a new lens.

If your vision is still blurred or the lens is uncomfortable after checking the above, remove both lenses and contact your eye care professional.

After you have successfully inserted your lenses, you should ask yourself:

- Do the lenses **feel good?** (There should be no discomfort.)
- Do my eyes **look good?** (Your eyes should not be red or swollen or have any discharge.)
- Is my **vision good?** (You should be able to see clearly out of each eye individually and together.)

If the answer to any of these questions is no, immediately remove your lenses and contact your eye care professional.

Centering the Lens

Occasionally a lens will be displaced onto the white part of the eye during lens placement or during lens wear. To center a lens, follow one of the methods below:

Method 1. Look in the direction of the displaced lens. Blink gently. The lens should automatically move toward the center of the eye and into the correct position.

Method 2. Close your eyelids and gently massage the lens into place through the closed eyelid.



Method 3. Gently push the off-centered lens onto the cornea with the eye open, using gentle finger pressure on the edge of the upper or lower eyelid.

LENS REMOVAL FROM THE EYE

Remember to remove the same lens first (right or left), then the other lens. This helps avoid getting the lenses mixed up. It may be easier to remove your contact lenses if you use rewetting drops (approved for use with soft lenses) recommended by your eye care professional 10 to 15 minutes before lens removal. This will also help prevent lens tearing during the removal process.

Step 1 - Wash, Rinse, and Dry Hands

Wash your hands thoroughly with soap that does not have any oils, lotions, or perfumes. Refer to the section, "***LENS PLACEMENT ON THE EYE***" for important additional information.

Step 2 - Make Sure the Lens is on the Eye

Make sure the lens is centered on your eye before trying to remove it.

Cover the other eye; if your vision is blurred, the lens is either off center or not on the eye at all. Locate the lens with a mirror and re-center it using one of the methods described in the, "***Centering the Lens***" section.

Step 3 - Pull Down Lower Eyelid

Look upward, keeping your head level. Pull down the lower lid of your eye with your middle finger.



Step 4 - Slide Lens Down

While looking up, place the tip of your index finger on the lower edge of the lens and slide it down onto the lower white part of your eye.



Step 5 - Pull Lens Off the Eye

Still looking up, squeeze the lens gently between your thumb and index finger. Gently remove the lens from the eye.



Repeat Steps 2-5 for the other lens

REPLACING YOUR LENSES

Replace your lenses with a new pair as often as recommended by your eye care professional. Old lenses can cause discomfort, decreased vision and may adversely affect your eye health. Alcon recommends lenses be replaced every one month, or sooner, or as recommended by the eye care professional.

FOLLOW-UP CARE

Do not skip visits with your eye care professional just because your lenses feel comfortable. Routine follow-up visits help prevent problems. Only a thorough examination by your eye care professional can determine how your eyes are responding to contact lenses. Early signs of a problem can be detected and treated before they can be felt by you. It is recommended contact lens wearers see their eye care professional twice each year, or as directed by the eye care professional.

LENS CARE

Your eye care professional may either recommend using lenses for disposable wear or for replacement wear.

For Disposable Wear:

- No lens care is indicated, as lenses are discarded upon removal from the eye.
- Lenses should only be cleaned, rinsed and disinfected on an emergency basis when replacement lenses are not available.

For Replacement Wear:

When removed between replacement periods lenses must be cleaned, rinsed and disinfected prior to reinsertion or be discarded and replaced with a fresh new lens.

NIGHT & DAY* and AIR OPTIX* NIGHT & DAY* AQUA lenses should be cleaned, rinsed, and disinfected each time they are removed from the eye prior to re-insertion.

General Guidelines for Lens Care

- **Follow the complete lens care regimen exactly as directed in the specific labeling instructions which accompany the solutions recommended by your eye care professional. Failure to do so may contribute to problems.**
- Lenses removed from your eyes must be cleaned, rinsed, and disinfected after each wearing and before reinsertion.
 - **Cleaning** loosens and removes accumulations of film, deposits, and debris that can cause irritation, and prepares lenses for disinfection.
Rinsing removes cleaning and disinfection solutions and helps make your lenses feel more comfortable.
Disinfecting kills germs that can cause eye infections.
 - Failure to clean and rinse prior to disinfection may result in incomplete lens disinfection.
 - Saline solutions are used to rinse, **NOT** to clean or disinfect.
- Alcon recommends a chemical (not heat) method of disinfection, such as CLEAR CARE* Cleaning & Disinfecting Solution or OPTI-FREE* Multi-Purpose Solution for use with NIGHT & DAY* and AIR OPTIX* NIGHT & DAY* AQUA contact lenses.
- Heat disinfection has not been tested and is not recommended.
- Lens compatibility with an abrasive type cleaner has not been tested and is not recommended.
- Never use a hard (rigid) lens solution unless it is also indicated for use with soft contact lenses, as corneal injury could result.
- Do not alternate, change, or mix lens care systems or solutions for any one pair of lenses unless specifically indicated in the product labeling. Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. If in doubt, consult your eye care professional.
- If you remove your lenses and do not have access to your lens care products, do not reinsert the lenses. Store your lenses in the lens case until they can be cleaned, rinsed, and disinfected.
- Use only fresh, unexpired, sterile lens care solutions recommended for use with soft contact lenses according to the manufacturer's instructions provided with the specific products.
- **When opened, sterile, non-preserved, non-aerosol solutions must be discarded after the time specified in the label directions.**

Basic Lens Care Steps

Step 1 - Cleaning

Cleaning loosens and removes accumulations of film, deposits, and debris that can cause irritation, and prepares lenses for disinfection.

- **Wash, Rinse, and Dry Hands**
- **Remove and Clean One Lens at a Time**

Clean Lens

- Place the lens in the palm of one hand and add cleaner according to the manufacturer's instructions for use.
- Rub the lens with firm but gentle pressure, in a back and forth (not circular) motion. A circular motion may cause the lens to split or tear.
- The rubbing action of your finger against the lens removes mucus, dirt, and other material from the lens surface. These substances may not be visible even though they are present on your lenses.



Step 2 - Rinsing

Rinsing removes cleaning and disinfecting solutions and helps make your lenses feel more comfortable.

- Thoroughly rinse the lens with fresh sterile saline solution according to the manufacturer's instructions for use.
- Make sure all of the cleaning solution has been rinsed off. Any remaining cleaner can irritate the eye and may interfere with the disinfection process.



Step 3 - Disinfecting

Disinfecting kills germs that can cause eye infection.

- Follow the manufacturer's instructions that come with the chemical disinfection system recommended by your eye care professional. In most cases, you will:
 1. Always fill the lens case with **fresh** disinfection solution.
 2. **Close tightly.** The lenses must be fully covered by the disinfection solution to ensure proper disinfection and to keep from drying out.
 3. **Allow lenses to remain in case for the length of time specified in the instructions.** This will help keep harmful germs from growing on your lenses.

Care of the Lens Case

Contact lens cases can be a source of growth for harmful organisms. These germs may be present even when the case looks clean. Putting clean lenses in a dirty or contaminated case makes the lenses unsafe to wear. Always follow the manufacturer's instructions for care of the actual lens case you are using.

Rinse lens case

To prevent contamination and help avoid serious eye infection:

- Always empty the lens case after putting the lenses on your eyes
- Rinse the case with either sterile saline solution or disinfecting solution according to the manufacturer's instructions

Replace lens case regularly

Regular replacement will help prevent case contamination by germs which can be harmful to your eyes.

- Replace the lens case at regular intervals according to the manufacturer's instructions for use.
- If there are no instructions for how often to replace the case, follow the recommendations of your eye care professional.
- Fresh solution should be used each time the lens is placed in the lens case. Never add fresh solution to old solution since this can increase the risk of lens and lens case contamination and eye infection.

OTHER IMPORTANT INFORMATION Using Wetting Drops (Lens Lubricants)

- If wetting drops are recommended by your eye care professional, follow the directions for use provided by the manufacturer. Not all lens lubricants can be used with soft contact lenses.

If a Lens Dries Out

- If a lens is exposed to air while off the eye it may become dry, brittle, and permanently damaged. If this should occur, discard the lens and use a new one to avoid possible irritation or injury to the eye.

Care for a Sticking Lens

- If a lens sticks (stops moving) or begins to dry on the eye, apply a lubricating solution recommended for soft lenses according to the manufacturer's instructions for use.
- Wait until the lens begins to move freely on the eye before trying to remove it. If the lens continues to stick, **IMMEDIATELY** consult your eye care professional.

Emergencies

- If chemicals of any kind (household cleaners, gardening solutions, laboratory chemicals, pesticides, etc.) are splashed into the eyes:
 - **Flush eyes immediately with tap water or fresh sterile saline solution.**
 - **Remove the lenses and place them in the recommended storage solution.**
 - **Call or visit your eye care professional or a hospital emergency room immediately.**

INSTRUCTIONS FOR THE MONOVISION WEARER

- You should be aware that as with any type of lens correction, there are advantages and compromises to monovision contact lens therapy. The benefit of clear near vision in straight ahead and upward gaze that is available with monovision may be accompanied by a vision compromise that may reduce your distance visual acuity and depth perception for distance and near tasks. Some patients have experienced difficulty adapting to it. Symptoms, such as mild blurred vision, dizziness, headaches and a feeling of slight imbalance, may last for a brief minute or for several weeks as adaptation takes place. The longer these symptoms persist, the poorer your prognosis for successful adaptation. You should avoid visually demanding situations during the initial adaptation period. It is recommended that you first wear these contact lenses in familiar situations, which are not visually demanding. For example, it might be better to be a passenger, rather than a driver of an automobile, during the first few days of lens wear. It is recommended that you drive with monovision correction only if you pass the driver's license requirements with your monovision correction.
- Some monovision patients will never be fully comfortable functioning under low levels of illumination, such as driving at night. If this happens, you may want to discuss with your eye care professional having additional contact lenses prescribed so that both eyes are corrected for distance when sharp distance binocular vision is required.
- If you require very sharp near vision during prolonged close work, you may want to have additional lenses prescribed so that both eyes are corrected for near when sharp near vision binocular vision is required.
- Some monovision patients require supplemental spectacles to wear over the monovision contact lens correction to provide the clearest vision for critical tasks. You should discuss this with your eye care professional.
- It is important that you follow your eye care professional's suggestions for adaptation to monovision contact lens therapy. You should discuss any concerns that you may have during and after the adaptation period.
- The decision to be fit with a monovision correction is most appropriately left to the eye care professional in conjunction with you, after carefully considering and discussing your needs.

SPECIAL INSTRUCTIONS FOR THERAPEUTIC LENS WEARERS

Read and understand this entire booklet, all instructions from your eye care professional and be aware:

- Your vision may be compromised during contact lens therapy. This may require supplemental spectacles for vision correction, and limitations to daily activities, such as driving. You should discuss this with your eye care professional.
- It is important that you carefully follow your eye care professional's instructions regarding your condition and use of therapeutic lenses during contact lens therapy. You should discuss any concerns that you may have before and during treatment.
- There is a possibility that the existing disease or condition you are being treated for may become worse when a soft contact lens is used to treat an already diseased or damaged eye. Thoroughly discuss and understand these possibilities with your eye care professional.
- Eye problems can develop rapidly and lead to loss of vision. Your eye care professional must discuss and provide you with instructions should you develop a problem while wearing contact lenses. Follow your eye care professional's instructions, and if you experience a problem IMMEDIATELY CONTACT YOUR EYE CARE PROFESSIONAL.

Possible Problems

During therapeutic use an adverse effect may be due to the original disease or injury or due to the effects of wearing a contact lens. Excessive tearing or photophobia (light sensitivity), unusual eye secretions or extreme pain are not normal and should be reported to your eye care professional. If these symptoms occur, you should be examined by your eye care professional to determine their cause.

If A Problem Occurs

To avoid serious eye damage, CONTACT YOUR EYE CARE PROFESSIONAL IMMEDIATELY if you experience an adverse effect, or increase in symptoms while wearing the lens.

Important Precautions

Follow-up visits

Patients wearing therapeutic lenses require close professional supervision and monitoring. Follow-up visits are necessary to assure your recovery and the continuing health of your eyes. Your eye care professional must give you instructions and a follow-up visit schedule.

Medications

Medications necessary for treatment should be used with caution under close supervision by the eye care professional.

Handling and Wear

- Exposure to water may temporarily affect the fit of the lens and could lead to a serious eye infection. Do not get water in the eye while bathing or showering. While wearing contact lenses for therapeutic use, discontinue water activities such as swimming or use of hot tubs.
- For continued eye health the lens must move freely on the eye. If a lens sticks (stops moving on the eye) contact your eye care professional. If instructed to do so, apply several drops of the recommended lubricating solution and wait until the lens moves freely.
- Before leaving the eye care professional's office, you must receive instructions about insertion and removal of lenses.
 - In some cases, only the eye care professional will be inserting or removing lenses.
 - If your eye care professional instructs you to remove lenses, before leaving the office you must demonstrate the ability to promptly remove the lenses or have someone else be able to remove the lenses for you. The eye care professional should also advise you how often to remove lenses and/or apply a new lens.

WEARER INFORMATION

Eye Care Professional:

Contact Lens Information:

Name:	Lens Brand/Type:	
Street:	Prescription/Date:	
City/State/Zip:		
Phone:		

Wear and Replacement Schedules:

The wearing and replacement schedules should be determined by your eye care professional. Patients tend to over wear the lenses initially. It is very important to adhere to the initial maximum wearing schedule. Regular checkups, as determined by your eye care professional, are also extremely important.

Alcon recommends that the lens be discarded and replaced with a new lens every month. However, your eye care professional is encouraged to determine a lens replacement schedule based upon the response of the patient.

Daily Wear Only (less than one day, while awake)

Extended Wear (maximum 30 nights continuous wear): How many nights you can safely wear the lenses overnight will be established during the follow-up visits.

Initial Wearing Schedule:

DAY	DATE (Month/Day)	Wearing Time (# Hours)	DAY	DATE (Month/Day)	Wearing Time (# Hours)
1	_____	_____	6	_____	_____
2	_____	_____	7	_____	_____
3	_____	_____	8	_____	_____
4	_____	_____	9	_____	_____
5	_____	_____	10	_____	_____

Replacement Schedule:

Replace lenses every _____ days or every _____ / _____ weeks

LENS CARE SUPPLIES (Product Name or Manufacturer):

Saline Solution:		Disinfecting Solution:	
Daily Cleaning Solution:		Lens Wetting Drops:	

Appointment Schedule:

Regular checkups, as determined by your eye care professional, are extremely important.

Date:		Time:		Date:		Time:	
Date:		Time:		Date:		Time:	

Important: In the event that you experience difficulty wearing your lenses or do not understand the instructions given to you, DO NOT WAIT for your next appointment. Contact your eye care professional immediately.

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LENS CARE PRODUCTS FOR SOFT CONTACT LENSES

- ***CLEAR CARE* Cleaning & Disinfecting Solution***
- ***OPTI-FREE* PureMoist* Solution***
- ***OPTI-FREE* RepleniSH* Solution***
- ***OPTI-FREE* EXPRESS* Solution***
- ***OPTI-FREE*PureMoist* Rewetting Drops***

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November 2014
W92037109-1114

www.alcon.com
Printed in USA