

PATIENT INSTRUCTION GUIDE

DISPOSABLE & FREQUENT REPLACEMENT

**ACUVUE® OASYS™ Brand Contact Lenses
with HYDRACLEAR® Plus**

**ACUVUE® OASYS™ Brand Contact Lenses
for *ASTIGMATISM* with HYDRACLEAR® Plus**

**ACUVUE® OASYS™ Brand Contact Lenses
for *PRESBYOPIA* with HYDRACLEAR® Plus**

(senofilcon A)

**Visibility Tinted with UV Blocker
For Daily and Extended Wear**

VISTAKON™

DIVISION OF
Johnson & Johnson
Vision Care, Inc.

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CAUTION: Federal U.S.A. law restricts this device to sale by or on the order of a licensed practitioner.

I N T R O D U C T I O N

The information and instructions contained in this booklet apply only to the ACUVUE® OASYS™ Brand Contact Lenses with HYDRACLEAR® Plus (senofilcon A), ACUVUE® OASYS™ Brand Contact Lenses for *ASTIGMATISM* with HYDRACLEAR® Plus (senofilcon A) or ACUVUE® OASYS™ Brand Contact Lenses for *PRESBYOPIA* with HYDRACLEAR® Plus (senofilcon A) thereafter referred to as your contact lenses. Your contact lenses are intended to be used for daily and extended wear within the VISTAKON® single use-use disposable wear or frequent/planned lens replacement system.

Please refer to the Glossary of Technical Terms for definitions of medical/technical terminology used in this booklet. In addition, the Symbols Key provides an explanation of symbols that may appear on the lens packaging.

After the accumulated wearing period prescribed by your Eye Care Professional, your contact lenses should be discarded and replaced with a new sterile pair. By replacing your contact lenses on a regular basis, lens deposits, which can affect vision and cause irritation and discomfort to the eye, have little chance to build up over time as with conventional lens wear. When you discard the lens, you dispose of potential deposit build-up problems.

Your contact lenses are visibility tinted with a UV Blocker. An ultraviolet (UV) radiation absorbing ingredient is used to block UV radiation.

Your contact lenses are soft spherical, aspherical or toric lenses. They are made from a “water-loving” (hydrophilic) material that has the ability to absorb water, making the lens soft and flexible. They differ from other lenses available because of the way they are manufactured. Simply put, the multi-patented manufacturing process that took years to perfect, makes disposable or frequent replacement possible. Since the lenses are produced identically one after another, you will experience the same excellent comfort and vision, lens after lens after lens.

For your eye health, it is important that your contact lenses be worn only as prescribed by your Eye Care Professional. He or she should be kept fully aware of your medical history and will give you a total program of care based on your specific needs. He or she will review with you all instructions for lens handling and care, including how to safely and easily open the packaging. You will also be taught how to properly insert and remove lenses. This booklet will reinforce those instructions.

If you have any questions, always ask your Eye Care Professional.

INDICATIONS (USES) AND WEARING RESTRICTIONS

ACUVUE® OASYS™ Brand Contact Lenses with HYDRACLEAR® Plus (senofilcon A), ACUVUE® OASYS™ Brand Contact Lenses for *ASTIGMATISM* with HYDRACLEAR® Plus (senofilcon A) and ACUVUE® OASYS™ Brand Contact Lenses for *PRESBYOPIA* with HYDRACLEAR® Plus (senofilcon A) contain a UV Blocker to help protect against transmission of harmful UV radiation to the cornea and into the eye.

The ACUVUE® OASYS™ Brand Contact Lens with HYDRACLEAR® Plus (senofilcon A), is indicated for the optical correction of refractive ametropia (myopia and hyperopia) in phakic or aphakic persons with non-diseased eyes who have 1.00D or less of astigmatism.

The ACUVUE® OASYS™ Brand Contact Lenses for *PRESBYOPIA* with HYDRACLEAR® Plus (senofilcon A) is indicated for the optical correction of distance and near vision in presbyopic, phakic or aphakic persons with non-diseased eyes who may have 0.75D or less of astigmatism.

The ACUVUE® OASYS™ Brand Contact Lens for *ASTIGMATISM* with HYDRACLEAR® Plus (senofilcon A) is indicated for the optical correction of visual acuity in phakic or aphakic persons with non-diseased eyes that are hyperopic or myopic and may have 10.00D or less of astigmatism.

Your Eye Care Professional may prescribe the lenses either for single-use disposable wear or frequent/planned replacement wear with cleaning, disinfection and scheduled replacement. When prescribed for frequent/planned replacement wear, you may clean and disinfect the lenses using a chemical disinfection system only.

Your contact lenses have been approved for daily and extended wear for up to 6 nights/ 7 days of continuous wear. It is recommended that you first be evaluated on a daily wear schedule. If successful, then a gradual introduction of extended wear can be followed as determined by your Eye Care Professional.

Your contact lenses may be prescribed in certain eye conditions and diseases as a bandage lens for the cornea to relieve discomfort and act as a protective bandage. Your Eye Care Professional will tell you if you have such a condition and may prescribe additional medications or replacement schedules for your individual condition. You should never self treat with a contact lens or eye medications any condition without first being seen by your Eye Care Professional.

CONTRAINDICATIONS (REASONS NOT TO USE)

When wearing contact lenses for vision correction, **DO NOT USE** the ACUVUE® OASYS™ Brand Contact Lens with HYDRACLEAR® Plus (senofilcon A), the ACUVUE® OASYS™ Brand Contact Lens for *ASTIGMATISM* with HYDRACLEAR® Plus (senofilcon A) or the ACUVUE® OASYS™ Brand Contact Lens for *PRESBYOPIA* with HYDRACLEAR® Plus when you have any of the following conditions:

- Inflammation or infection in or around the eye or eyelids
- Any eye disease, injury or abnormality that affects the cornea, conjunctiva or eyelids
- Any previously diagnosed condition that makes contact lens wear uncomfortable

- Severe dry eye
- Reduced corneal sensitivity (corneal hypoesthesia)
- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses
- Allergic reactions of ocular surfaces or surrounding tissues (adnexa) that may be induced or exaggerated by wearing contact lenses or use of contact lens solutions
- Allergy to any ingredient, such as mercury or Thimerosal, in a solution which is to be used to care for your contact lenses
- Any active corneal infection (bacterial, fungal, protozoal or viral)
- If eyes become red or irritated.

For THERAPEUTIC USE, your eye care professional may prescribe your contact lenses to aid in the healing process of certain ocular conditions that may include those listed above.

WARNINGS

What You Should Know About Contact Lens Wear:

- Problems with contact lenses or lens care products could result in serious injury to the eye¹. Proper use and care of your contact lenses and lens care products, including lens cases, are essential for the safe use of these products.
- Eye problems, including sores or lesions on the cornea (corneal ulcers) can develop rapidly and lead to loss of vision.
- The risk of an infected sore or lesion on the cornea (ulcerative keratitis) is greater for people who wear extended wear contact lenses than for those who wear daily wear lenses.
- When daily wear users wear their lenses overnight (outside the approved use), the risk of an infected sore or lesion on the cornea (ulcerative keratitis) is greater than among those who do not wear them while sleeping.
- The overall risk of ulcerative keratitis may be reduced by carefully following directions for lens care, including cleaning the lens case.
- The risk of ulcerative keratitis among contact lens users who smoke is greater than among non-smokers.
- If you experience eye discomfort, excessive tearing, vision changes, redness of the eye or other problems, you should immediately remove your lenses and promptly contact your Eye Care Professional.
- It is recommended that you see your Eye Care Professional routinely as directed.

¹ New England Journal of Medicine, September 21, 1989; 321 (12), pp. 773-783

WARNING: UV ABSORBING CONTACT LENSES are not substitutes for protective UV absorbing eyewear such as UV absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV absorbing eyewear as directed.

Note: Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your Eye Care Professional for more information.

PRECAUTIONS

Handling Precautions:

- **DO NOT** use if the sterile blister package is opened or damaged.
- Before leaving the Eye Care Professional's office, you should be able to quickly remove your lenses or you should have someone else available who can remove the lenses for you.
- **Always wash and rinse your hands before handling your lenses.** Do not get cosmetics, lotions, soaps, creams, deodorants or sprays in your eyes or on your lenses. It is best to put on your lenses before putting on makeup. Water-based cosmetics are less likely to damage lenses than oil-based products.
- **DO NOT** touch your contact lenses with your fingers or hands if they are not completely clean, because tiny lens scratches may occur, causing unclear vision and/or injury to your eye.
- **Carefully** follow the handling, insertion, removal and wearing instructions in this booklet and those prescribed by the Eye Care Professional.
- **Always** handle lenses carefully and avoid dropping them.
- **Never** use tweezers or other tools to remove your lenses from the lens container unless specifically indicated for that use. Pour the lens and the packing solution into the hand.
- **Do not** touch the lens with your fingernails.
- Close supervision is necessary for the therapeutic use of your contact lenses. Ocular medications used during treatment with a bandage lens should be closely monitored by your Eye Care Professional. In certain ocular conditions only your Eye Care Professional will insert and remove the lenses. In these cases, you should not to handle the lenses yourself.

Lens Wearing Precautions:

- You should remove your lenses immediately if your eyes become red or irritated.

- **Never** wear your lenses beyond the amount of time recommended by your Eye Care Professional.
- If aerosol (spray) products, such as hair spray, are used while wearing lenses, exercise caution and **keep your eyes closed** until the spray has settled.
- **Avoid** all harmful or irritating vapors and fumes while wearing lenses.
- **Ask** your Eye Care Professional about wearing contact lenses during sporting activities, especially swimming and other water sports. Exposing contact lenses to water during swimming or while in a hot tub **may increase the risk of eye infection** from germs.
- **Always** throw away lenses worn as prescribed by your Eye Care Professional.

Solution Precautions:

- Different lens care products cannot always be used together, and not all products are safe for use with all lenses. Use only recommended solutions.
- **NEVER** use solutions recommended for conventional hard contact lenses only.
- Chemical disinfection solutions **should not be** used with heat unless specifically indicated on product labeling for use in both heat and chemical disinfection.
- **Always** use fresh lens care products and lenses before the expiration dates.
- **Always** follow the directions in the package inserts for the use of contact lens solutions.
- Use **only** a chemical (not heat) lens care system. Use of heat (thermal) care systems can damage your contact lens.
- When you use sterile solutions that do not contain preservatives, they **should be** thrown out after the time specified in the directions.
- **DO NOT** use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- **Always** keep your lenses completely covered by the recommended storage solution when the lenses are not being worn (stored). Extended periods of drying will make it harder for the lens to become wet again. Follow the lens care directions for “Care For A Dried Out (Dehydrated) Lens” if the lens surface does become dried-out.
- If the lens sticks (stops moving) on your eye, follow the recommended directions in “Care for a Sticking Lens”. The lens should move freely on your eye for the continued health of your eye. If non-movement of the lens continues, you should immediately consult your Eye Care Professional.

Lens Case Precautions:

- Bacteria can grow in contact lens cases, so it is important to properly use, clean and replace your cases at regular intervals as recommended by the lens case manufacturer or your eye care professional.

Other Topics to discuss with Your Eye Care Professional:

- If you wear your contact lenses to correct presbyopia using monovision or if your contact lenses are Multifocal to correct presbyopia you **may not** be able to get the best corrected visual acuity for either far or near vision. Visual needs are different for different people, so your Eye Care Professional should work with you when selecting the most appropriate type of lens for you.
- **Always** contact your Eye Care Professional before using any medicine in your eyes.
- **Be aware** that certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquilizers and those for motion sickness may cause dryness of the eye, increased lens awareness (feeling of the lens in the eye) or blurred vision. Always inform your eye care professional if you experience any problems with your lenses while taking such medications. Depending on the severity, your Eye Care Professional may prescribe the use of lubricating (wetting) drops that are indicated for use with soft contact lenses or may recommend that you stop wearing contact lenses while you are using these medications.
- **Be aware** that if you use oral contraceptives (birth control pills), you could develop changes in vision or comfort when wearing contact lenses.
- As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes.

Who Should Know That You are Wearing Contact Lenses:

- **Inform** your doctor (Health Care Professional) about being a contact lens wearer.
- **Always** inform your employer of being a contact lens wearer. Some jobs may require use of eye protection equipment or may require that you not wear contact lenses.

ADVERSE REACTIONS (PROBLEMS AND WHAT TO DO)

Be aware that the following problems may occur when wearing contact lenses:

- Your eyes may burn, sting and/or itch.
- There may be less comfort than when the lens was first placed on your eye.
- There may be a feeling of something in your eye (foreign body, scratched area).
- There may be the potential for some temporary harm due to peripheral infiltrates, peripheral corneal ulcers and corneal erosion. There may be the potential for other physiological observations, such as local or generalized edema, corneal neovascularization, corneal staining, injection, tarsal abnormalities, iritis and conjunctivitis, some of which are clinically acceptable in low amounts.
- There may be excessive watering, unusual eye secretions or redness of your eye.
- Poor vision, blurred vision, rainbows or halos around objects, sensitivity to light (photophobia) or dry eyes may also occur if your lenses are worn continuously or for too long a time.

You should conduct a simple 3-part self-examination at least once a day.

Ask yourself:

- How do the lenses feel on my eyes?
- How do my eyes look?
- Have I noticed a change in my vision?

If you report any problems, you should **IMMEDIATELY REMOVE YOUR LENS**.

If the discomfort or problem stops, you should look closely at the lens.

If the lens is in any way damaged, you **SHOULD NOT** put the lens back on your eye. You should discard the lens and insert a new fresh lens on your eye.

If your lens has dirt, an eyelash, or foreign body on it, or the problem stops and the lens appears undamaged, you should dispose of the lens and insert a new fresh lens.

If the problem continues, you **SHOULD NOT** put the lens back on your eye but **IMMEDIATELY CONSULT YOUR EYE CARE PROFESSIONAL**.

When any of the above symptoms occur, a serious condition such as infection, corneal ulcer, neovascularization or iritis may be present. You should **immediately be seen by an eye care professional** to identify the problem and get quick treatment to avoid serious eye damage.

During therapeutic use, an adverse effect may be due to the original disease or injury or may be due to the effects of wearing a contact lens. There is a possibility that the existing disease or condition might become worse when a soft contact lens for therapeutic use is used to treat an already diseased injured eye. To avoid serious eye damage, you should contact your Eye Care Professional **IMMEDIATELY** if there is an increase in symptoms while wearing the lens.

PERSONAL CLEANLINESS FOR LENS HANDLING AND INSERTION

1. Prepare the Lens for Wearing

It is essential that you learn and use good hygienic methods in the care and handling of your new lenses. Cleanliness is the first and most important aspect of proper contact lens care. In particular, your hands should be clean and free of any foreign substances when you handle your lenses. The procedures are:

- Always wash your hands thoroughly with a mild soap, rinse completely and dry with a lint-free towel before touching your lenses.
- Avoid the use of soaps containing cold cream, lotion, or oily cosmetics before handling your lenses, since these substances may come into contact with the lenses and interfere with successful wearing.
- Handle your lenses with your fingertips, and be careful to avoid contact with fingernails. It is helpful to keep your fingernails short and smooth.

Start off correctly by getting into the habit of always using proper hygienic procedures so that they become automatic.

2. Opening the Multipack and Lens Package

Multipack

Each multipack contains individually packaged lenses. Each lens comes in its own lens package designed specifically to keep it sterile. You may choose to keep your lenses inside the multipack for storage until you are ready to use them.

Lens Package

To open an individual lens package, follow these simple steps:

- a. Shake the lens package and check to see that the lens is floating in the solution.
- b. Peel back the foil closure to reveal the lens. By stabilizing the lens package on the table-top, you will minimize the possibility of a sudden splash.
- c. Place a finger on the lens and slide the lens up the side of the bowl of the lens package until it is free of the container.

Occasionally, a lens may stick to the inside surface of the foil when opened, or to the plastic package itself. This will not affect the sterility of the lens. It is still perfectly safe to use. Carefully remove and inspect the lens following the handling instructions.

3. Handling the Lenses

- When you first get your lenses, be sure that you are able to put the lenses on and remove them before leaving your Eye Care Professional's office.
- Develop the habit of always working with the same lens first to avoid mix-ups.
- Remove the lens from its storage case and examine it to be sure that it is moist, clean, clear, and free of any nicks or tears. If the lens appears damaged, DO NOT use it. Use the next lens in the multipack.

4. Placing the Lens on the Eye

Remember, always start with the same eye.

Once you have opened the lens package, removed and examined the lens, follow these steps to apply the lens to your eye:

1. BE SURE THE LENS IS NOT INSIDE-OUT by following either of the following procedures:
 - Place the lens on the tip of your index finger and check its profile. The lens should assume a

natural, curved, bowl-like shape. If the lens edges tend to point outward, the lens is inside out. Another method is to gently squeeze the lens between the thumb and forefinger. The edges should turn inward. If the lens is inside out, the edges will turn slightly outward.

OR

- Place the lens on the tip of your index finger and, looking up at the lens, locate the numbers 123. 1-2-3 indicates correct orientation while a reverse of 1-2-3 indicates the lens is inside out. If the lens is inside out (reverse 1-2-3), invert the lens and locate the numbers again to confirm correct lens orientation.
2. Place the middle finger of the same hand close to your lower eyelashes and pull down the lower lid.
 3. Use the index finger or middle finger of the other hand to lift the upper lid.
 4. Place the lens on the eye.
 5. Gently release the lids and blink. The lens will center automatically.
 6. Use the same technique when inserting the lens for your other eye.

There are other methods of lens placement. If the above method is difficult for you, your Eye Care Professional will provide you with an alternate method.

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

- Do I see well?
- How do the lenses feel on my eyes?
- How do my eyes look?

Note: If after placement of the lens, your vision is blurred, check for the following:

- The lens is not centered on the eye (see “Centering the Lens”, next in this booklet).
- If the lens is centered, remove the lens (see “Removing the Lens” section) and check for the following:
 - a. Cosmetics or oils on the lens. Dispose of the lens and insert a new fresh lens.
 - b. The lens is on the wrong eye.
 - c. The lens is inside out (it would also not be as comfortable as normal).
- If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult your Eye Care Professional.

Note: If a lens becomes less comfortable than when it was first inserted or if it is markedly uncomfortable upon insertion, remove the lens immediately and contact your Eye Care Professional.

If your examination of your eyes and the lenses shows any other problems, IMMEDIATELY REMOVE YOUR LENSES AND CONTACT YOUR EYE CARE PROFESSIONAL.

5. Centering the Lens

A lens, which is on the cornea (center of your eye), will very rarely move onto the white part of the eye during wear. This, however, can occur if insertion and removal procedures are not performed properly. To center a lens, follow either of these procedures:

- a. Close your eyelids and gently massage the lens into place through the closed lids.

OR

- b. Gently move the off-centered lens onto the cornea (center of your eye) while the eye is opened using finger pressure on the edge of the upper lid or lower lid.

6. Removing the Lens

CAUTION: Always be sure the lens is on the cornea (in the center of your eye) before attempting to remove it. Determine this by covering the other eye. If vision is blurred, the lens is either on the white part of the eye or it is not on the eye at all. To locate the lens, inspect the upper area of the eye by looking down into a mirror while pulling the upper lid up. Then inspect the lower area by pulling the lower lid down.

Always remove the same lens first.

- a. Wash, rinse and dry your hands thoroughly.
- b. There are two recommended methods of lens removal: the Pinch Method and the Forefinger and Thumb Method. You should follow the method that is recommended by your Eye Care Professional.

Pinch Method:

- Step 1.** Look up, slide the lens to the lower part of the eye using the forefinger.
- Step 2.** Gently pinch the lens between the thumb and forefinger.
- Step 3.** Remove the lens.

Forefinger and Thumb Method:

- Step 1.** Place your hand or a towel under your eye to catch the lens.
 - Step 2.** Place your index finger on the center of the upper lid and your thumb on the center of the lower lid.
 - Step 3.** Press in and force a blink. The lens should fall onto your hand or the towel.
- Note:** The lens may come out, but remain on the eyelid, finger or thumb.

- c. Remove the other lens by following the same procedure.
- d. Follow the required lens care procedures described under the heading, “Caring For Your Lenses (Cleaning, Rinsing, Disinfecting, Storage and Rewetting/Lubricating)”.

Note: If these methods of removing your lens are difficult for you, your Eye Care Professional will provide you with an alternate method.

CARING FOR YOUR LENSES

Basic Lens Care Instructions

If you require only vision correction, but will not or cannot always use the recommended care routine for your lenses, or are unable to put on and remove lenses or have someone available to place and remove them, you should not try to get and wear contact lenses.

- When you first get your lenses, be sure to put the lenses on and remove them while you are in your Eye Care Professional’s office.
- Always wash, rinse and dry your hands before handling contact lenses.
- Do not use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.
- Never rinse your lenses in water from the tap. There are two reasons for this:
 - a. Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.
 - b. You might lose your lens down the drain.

For Disposable Wear:

Remember, there is no cleaning or disinfection needed with your contact lenses if they are prescribed for disposable wear. Always dispose of lenses when they are removed and have replacement lenses or glasses available. Lenses should only be cleaned, rinsed and disinfected on an emergency basis when replacement lenses or glasses are not available. For EMERGENCY LENS CARE ONLY, refer to the instructions below for cleaning, rinsing and disinfecting your lenses.

Your Eye Care Professional may recommend a lubricating/rewetting solution for your use. Lubricating/Rewetting solutions can be used to wet (lubricate) your lenses while you are wearing them.

For Frequent Replacement Wear:

When you first get your lenses, you will be given a recommended cleaning and disinfection routine and instructions and warnings for lens care, handling, cleaning and disinfection. Your Eye Care Professional should teach you about appropriate and adequate procedures and products for your use.

When you remove your lenses between replacement periods, the lenses must be cleaned and disinfected before you put them back on your eyes, or you should throw them away and replace them with fresh lenses.

For continued safe and comfortable wearing of your lenses, it is important that you first clean and rinse, then disinfect [and neutralize (for hydrogen peroxide systems)] your lenses after each removal, using the lens care products and procedures recommended by your Eye Care Professional. Cleaning and rinsing are necessary to remove mucus, secretions, films or deposits that may have built up on your lenses during wearing. The ideal time to clean your lenses is immediately after removing them. Disinfecting is necessary to destroy harmful germs.

You should always use the recommended lens care routine. Failure to follow the recommended procedures may result in development of serious eye problems, as discussed in the “Warnings” section.

For safe contact lens wear, you should know and always practice your lens care routine:

- Always use fresh lens care products before the expiration dates.
- Use the recommended system of lens care, chemical (not heat), and carefully follow instructions on lens care product labeling. Different products cannot always be used together, and not all products are safe for use with all lenses. **Do not alternate or mix lens care systems unless indicated on the product labeling.**
- Always remove, clean, rinse and disinfect your lenses according to the schedule pre-scribed by your Eye Care Professional. The use of any cleaning solution does not substitute for disinfection.
- Lenses prescribed on the frequent replacement program should be thrown away after the recommended wearing period prescribed by your Eye Care Professional.
- Since the lens material contains silicone, the wettability may differ when different lens care products are used. The Eye Care Professional should recommend a care system that is appropriate for your contact lenses. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed.

Note: Some solutions may have more than one function, which will be indicated on the label. Read the label on the solution bottle and follow the instructions.

Cleaning

- Always clean the same lens first to avoid mix-ups.
- Follow the instructions provided in the cleaning solution labeling.
- After cleaning, rinse the lens thoroughly with a recommended rinsing solution to remove the cleaning solution, mucus and film from the lens surface.
- Put the lens into the correct chamber of the lens storage case.

Disinfecting (Chemical - Not Heat)

- **After cleaning**, disinfect lenses using the system recommended by your Eye Care Professional.

- Follow the instructions provided in the disinfection product labeling or recommended by your Eye Care Professional.
- When using hydrogen peroxide lens care systems, lenses **must be neutralized before wearing**. Follow the recommendations on the hydrogen peroxide system labeling.
- Thoroughly rinse lenses with a fresh solution recommended for rinsing before inserting and wearing, or follow the instructions on the disinfection solution labeling.
- **Do not heat the disinfection solution and lenses.**

Caution: Lenses that are chemically disinfected may absorb ingredients from the disinfecting solution that may be irritating to the eyes. A thorough rinse in fresh sterile saline (or another recommended solution) prior to placement on the eye should reduce the potential for irritation.

Storage

- To store your lenses, first disinfect them, then leave them in the closed/unopened case until you are ready to wear them.
- Always keep your lenses completely covered by a recommended disinfecting solution when the lenses are not being worn.
- If you will not be wearing your lenses immediately following disinfection, you should ask your Eye Care Professional for information about storing your lenses.
- After removing your lenses from the lens case, empty and rinse the lens storage case with solution(s) recommended by your Eye Care Professional or the lens case manufacturer; then allow the lens case to air dry. When the case is used again, refill it with fresh storage solution. Replace lens case at regular intervals.

Lubricating/Rewetting

Your Eye Care Professional may recommend a lubricating/rewetting solution for your use. **Lubricating/rewetting** solutions can be used to wet (lubricate) your lenses while you are wearing them.

Lens Case Cleaning and Maintenance

Contact lens cases can be a source of bacteria growth. Lens cases should be emptied, cleaned, rinsed with solutions recommended by the lens case manufacturer and allowed to air dry. Lens cases should be replaced at regular intervals, as recommended by the lens case manufacturer or your Eye Care Professional.

Care For A Dried Out (Dehydrated) Lens

If a soft contact lens is exposed to air for prolonged periods while off the eye, it may become dry and can be easily broken. If this happens, throw away the lens and use a new fresh one.

Care For A Sticking (Non-moving) Lens

If a lens sticks (stops moving) on your eye, apply a few drops of the recommended lubricating solution. You should wait until the lens begins to move freely on the eye before removing it. If non-movement of the lens continues, you should immediately consult your Eye Care Professional.

Emergencies

If chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes: **FLUSH EYES IMMEDIATELY WITH TAP WATER AND IMMEDIATELY CONTACT YOUR EYE CARE PROFESSIONAL OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.**

INSTRUCTIONS FOR THE PRESBYOPIC PATIENT (MONOVISION & MULTIFOCAL)

- You should be aware that, as with any type of lens correction, there are advantages and compromises to presbyopic contact lens correction. The benefit of clear near vision when looking straight-ahead and upward that you get with your contact lenses for monovision and multifocal correction may be accompanied by a vision compromise that may reduce your visual acuity and depth perception for distance and near tasks. Some patients have experienced difficulty adapting to this. Symptoms, such as mild blurred vision and variable vision, may last for a brief period or for several weeks as you are getting used to the lenses. The longer these symptoms last, the poorer your chances 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 that are not visually demanding. For example, it might be better to be a passenger rather than a driver of an automobile during the first days of lens wear. It is recommended that you only drive with monovision correction if you pass your state drivers license requirements with monovision correction.
- Some presbyopic patients need to wear their glasses over their contact lenses for monovision or multifocal correction to provide the clearest vision for critical tasks. You should discuss this with your Eye Care Professional.
- Some presbyopic patients will never be fully comfortable functioning under low levels of lighting, 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 vision is required from both eyes together.

For monovision patients, if you require very sharp near vision during prolonged close work, you may want to have additional contact lenses prescribed so that both eyes are corrected for near when sharp near vision is required from both eyes together. It is important that you follow your Eye Care Professional's suggestions for getting used to presbyopic contact lens correction. You should discuss any concerns that you may have during and after the adaptation period.

- The decision to be fit with monovision or multifocal correction is most appropriately left to the Eye Care Professional, in conjunction with you, after carefully considering and discussing your needs.

WEARING AND APPOINTMENT SCHEDULE

Prescribed Wearing Schedule

Day	Wearing Time (Hours)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

Appointment Schedule

Your appointments are on:

Minimum number of hours lenses to be worn at time of appointment:

Month: _____ Year: _____

Time: _____ Day: _____

PATIENT/EYE CARE PROFESSIONAL INFORMATION

Next Appointment: _____

Date: _____

Dr: _____

Address: _____

Phone: _____

Day	Date	Hours Worn	Day	Date	Hours Worn
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		

IMPORTANT: In the event that you experience any difficulty wearing your lenses or you do not understand the instructions given you, **DO NOT WAIT** for your next appointment. **TELEPHONE YOUR EYE CARE PROFESSIONAL IMMEDIATELY.**










GLOSSARY OF TECHNICAL TERMS

Term	Definition
Adnexa	Tissues surrounding the eyeball
Ametropia	Abnormal vision requiring correction for proper focus
Anterior chamber	Internal portion of the eye, between the cornea and iris
Aphakic	An eye that does not have its natural lens (example: after cataract surgery)
Aspherical contact lens	A lens with a curve that is not round, but has different shapes across its surface
Astigmatism	A condition where the cornea is not equally curved in all parts of its surface. It is somewhat oval in shape, causing the visual image to be out of focus (blurred)
Conjunctiva	Membrane that lines the eyelids and the white part of the eye
Conjunctivitis	Inflammation of the conjunctiva
Continuous Wear	Extended wear for multiple nights in a row
Cornea	Clear front part of the eye that covers the iris, pupil and anterior chamber.
Corneal erosion	Wearing away of the surface of the cornea
Corneal staining	When a dye is put onto the eye and shows problems with the corneal surface
Corneal ulcer	A sore or lesion on the cornea
Disinfection	A process that kills harmful microorganisms (germs) which can cause serious eye infections
Edema	Swelling of tissue from excess fluid accumulation
Extended Wear	Wearing lenses for 24 hours a day, including while sleeping
Hydrophilic material	"water loving" or water absorbing substance

Hyperopia	Farsightedness
Infiltrate	Abnormal accumulation of cells and fluid
Injection	Redness
Iritis	Inflammation of the colored part of the eye (iris)
Inflammation	Swelling, redness and pain
Mono vision	A correction method for presbyopia (loss of reading vision) using contact lenses; one eye is fitted for distance, the other for near vision.
Multifocal contact lens	A lens that can correct for both distance and near vision
Myopia	Nearsightedness
Neovascularization	Blood vessels growing into the cornea
Phakic	An eye that has its natural lens
Presbyopia	Condition in which as the lenses in the eyes lose some of their elasticity, as occurs with aging, they lose some of their ability to change focus for different distances (loss of reading vision). Usually becomes significant after age 45.
Spherical contact lens	A lens with a continuously rounded curve
Tarsal abnormalities	Problems with the eyelids
Toric contact lens	A lens with two different optical powers at right angles to each other for the correction of astigmatism
Ulcerative keratitis	An infected corneal ulcer
UV (Ultraviolet)	Light from the sun that can be harmful to the eye

SYMBOLS KEY

The following symbols may appear on the label or carton:

SYMBOL	DEFINITION
	See Instruction Leaflet
	Use By Date (expiration date)
	Batch Code
	Sterile Using Steam or Dry Heat
DIA	Diameter
BC	Base Curve
D	Diopter (lens power)
 0086	Quality System Certification Symbol
	UV-Blocking
	Fee Paid for Waste Management
	Peel Back Foil
	CAUTION: Federal law restricts this device to sale by or on the order of a licensed practitioner
C.T.	Center Thickness

	Lens Orientation Correct
	Lens Inside Out

Cyl	Cylinder Power
Axis	Axis

LOW	“Low” near ADD
MID	“Medium” near ADD
HGH	“High” near ADD

VISTAKON®

DIVISION OF
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