

# ACUVUE® Brand Contact Lenses PATIENT INSTRUCTION GUIDE

- DAILY DISPOSABLE WEAR
- FREQUENT REPLACEMENT DAILY WEAR
- EXTENDED WEAR



**1-DAY ACUVUE® TruEye®** (narafilecon A)

**1-DAY ACUVUE® MOIST, 1-DAY ACUVUE® MOIST for  
ASTIGMATISM, 1-DAY ACUVUE® MOIST MULTIFOCAL** (etafilecon A)

Visibility Tinted with UV Blocker

For Daily Disposable Wear

Single Use Only

**1-DAY ACUVUE® DEFINE® with LACREON®** (etafilecon A)

Cosmetically Tinted with UV Blocker

For Daily Disposable Wear

Single Use Only

**ACUVUE OASYS® with HydraLuxe™, ACUVUE OASYS® with  
HydraLuxe™ for ASTIGMATISM** (senofilcon A)

Visibility Tinted with UV Blocker

For Daily Disposable Wear

Single Use Only

**ACUVUE® OASYS with Transitions™** (senofilcon A)

with UV Blocker and Photochromic Additive

For Frequent/Planned Replacement Daily Wear

**ACUVUE OASYS® with HYDRACLEAR PLUS, ACUVUE OASYS® for  
ASTIGMATISM with HYDRACLEAR PLUS** (senofilcon A)

Visibility Tinted with UV Blocker

For Frequent/Planned Replacement Daily Wear  
and/or Extended Wear

**ACUVUE® VITA™** (senofilcon C)

**ACUVUE® 2** (etafilecon A)

Visibility Tinted with UV Blocker

For Frequent/Planned Replacement Daily Wear

[www.acuvue.com.hk](http://www.acuvue.com.hk)

## SYMBOLS KEY

The following symbols may appear on the label or packaging:

SYMBOL

DEFINITION



Caution, Consult Instructions for Use



Manufacturer



Date of Manufacture



Use by Date (Expiration Date)



Batch Code



Sterilized Using Steam Heat



Do Not Re-Use (Single Use)



Lens Orientation Correct



Lens Orientation Incorrect  
(Lens Inside Out)



Quality System Certification Symbol



Fee Paid for Waste Management



Do Not Use If Package Is Damaged



Authorized Representative in the  
European Community



SYMBOL      DEFINITION



CAUTION: US Federal law restricts this device to sale by or on the order of a licensed practitioner



UV BLOCKING



UV Blocking

UV Blocking

1-Month      1-Month Replacement



Store Away from Direct Sunlight

DIA      Diameter

BC      Base Curve

D      Diopter (Lens Power)

CYL      Cylinder

AXIS      Axis

MAX ADD      Near ADD

LOW      “Low” near ADD

MID      “Medium” near ADD

HIGH      “High” near ADD



SYMBOL      DEFINITION

A      Accent Style

N      Natural Shine

V      Vivid Style

RB      Radiant Bright

RC      Radiant Charm

RH      Radiant Chic

RS      Radiant Sweet

FB      Fresh Blue

FZ      Fresh Grayzel

FG      Fresh Green

FH      Fresh Hazel

FY      Fresh Honey

FR      Fresh Rose



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## INTRODUCTION

For your eye health, it is important that your contact lenses be worn only as prescribed by your Eye Care Professional. Your Eye Care Professional should be kept fully aware of your medical history and will develop 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 apply and remove lenses. This booklet will reinforce those instructions.

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



## WEARING RESTRICTIONS AND INDICATIONS

1-DAY ACUVUE® TruEye®, 1-DAY ACUVUE® MOIST and ACUVUE OASYS® with HydraLuxe™ contact lenses are indicated for daily disposable wear single use only for the correction of nearsightedness (myopia) and farsightedness (hyperopia) in people with non-diseased eyes who have 1.00D or less of astigmatism.



1-DAY ACUVUE® MOIST for ASTIGMATISM contact lenses are indicated for daily disposable wear single use only for the correction of nearsightedness (myopia) and farsightedness (hyperopia) in people with non-diseased eyes who have 10.00D or less of astigmatism.



1-DAY ACUVUE® MOIST MULTIFOCAL contact lenses are indicated for daily disposable wear single use only for the correction of distance and near vision in presbyopic people with non-diseased eyes who may have 4.00D of ADD power or less, and 0.75D or less of astigmatism.



1-DAY ACUVUE® DEFINE® with LACREON® contact lenses are indicated for daily disposable wear single use only to enhance or alter the appearance of the eye. These lenses are also indicated for the correction of nearsightedness (myopia) and farsightedness (hyperopia) in people with non-diseased eyes who may have 1.00D or less of astigmatism.

ACUVUE OASYS® with HydraLuxe™ for ASTIGMATISM contact lenses are indicated for daily disposable wear single use only for the correction of nearsightedness (myopia) and farsightedness (hyperopia) in phakic or aphakic persons with non-diseased eyes who have 0.50D to 3.00D of astigmatism.

ACUVUE® 2 contact lenses are indicated for frequent/planned replacement daily wear for the correction of nearsightedness (myopia) and farsightedness (hyperopia) in people with non-diseased eyes who may have 1.00D or less of astigmatism. These lenses are intended for daily wear up to for 14 days.



**ACUVUE OASYS® with HYDRACLEAR PLUS** contact lenses are indicated for either disposable wear or frequent/planned replacement daily wear and/or extended wear for the correction of nearsightedness (myopia) and farsightedness (hyperopia) in people with non-diseased eyes who may have 1.00D or less of astigmatism. These lenses are intended for daily wear for up to 14 days (2 weeks) 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.

**ACUVUE OASYS® for ASTIGMATISM with HYDRACLEAR PLUS** contact lenses are indicated for either disposable wear or frequent/planned replacement daily wear and/or extended wear for the correction of nearsightedness (myopia) and farsightedness (hyperopia) in people with non-diseased eyes who have 10.00D or less of astigmatism. These lenses are intended for daily wear for up to 14 days (2 weeks) 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.

**ACUVUE OASYS® with HYDRACLEAR PLUS** and **ACUVUE OASYS® for Astigmatism with HYDRACLEAR PLUS** contact lenses are also indicated for therapeutic use as a bandage lens for the following acute and chronic ocular conditions:



- ▶ For corneal protection in lid and corneal abnormalities such as entropion, trichiasis, tarsal scars and recurrent corneal erosion. In addition, they are indicated for protection where sutures or ocular structure malformation, degeneration or paralysis may result in the need to protect the cornea from exposure or repeated irritation.
- ▶ For corneal pain relief in conditions such as bullous keratopathy, epithelial erosion and abrasion, filamentary keratitis, and post-keratoplasty.
- ▶ For use as a barrier during the healing process of epithelial defects such as chronic epithelial defects, corneal ulcer, neurotrophic and neuroparalytic keratitis, and chemical burns.
- ▶ For post-surgical conditions where bandage lens use is indicated such as post refractive surgery, lamellar grafts, corneal flaps, and additional ocular surgical conditions.
- ▶ For structural stability and protection in piggy back lens fitting where the cornea and associated surfaces are too irregular to allow for corneal rigid gas permeable (RGP) lenses to be fit. In addition, the use of the lens can prevent irritation and abrasions in conditions where there are elevation differences in the host/graph junction or scar tissue.





Your contact lenses may be prescribed in certain eye conditions and diseases that may include those listed above 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 any condition with a contact lens or eye medications without first being seen by your Eye Care Professional.

**ACUVUE® OASYS with Transitions™** are indicated for daily wear for the correction of vision in people with non-diseased eyes who are nearsighted (myopic) or farsighted (hyperopic) and may have 1.00D or less of astigmatism. These lenses are intended for daily wear for up to 14 days (2 weeks). Your Eye Care Professional will determine your wearing schedule and your replacement schedule.


These lenses are also indicated for the attenuation of bright light as they contain a photochromic additive which dynamically absorbs visible light.

**ACUVUE® VITA™** contact lenses are indicated for daily wear for the correction of nearsightedness (myopia) and farsightedness (hyperopia) in people with non-diseased eyes who have 1.00D or less of astigmatism. These lenses are intended for frequent/planned replacement daily wear for up to one month.

**These lenses contain a UV Blocker to help protect against transmission of harmful UV radiation to the cornea and into the eye.**

**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 environment 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. The Eye Care Professional should be consulted for more information.**



Your Eye Care Professional will determine your wearing schedule (how long you should wear your lenses each day) and your replacement schedule (when you should discard your lenses and use new ones).

Your Eye Care Professional may prescribe the lenses either for single use disposable wear, or frequent/planned replacement daily wear with cleaning, disinfection, and scheduled replacement.

When prescribed for disposable use, no cleaning or disinfection is required. Lenses should be discarded upon removal.

When prescribed for frequent/planned replacement daily wear, lenses may be cleaned and disinfected using a chemical disinfection system only.

Unless prescribed for extended wear, **DO NOT WEAR YOUR LENSES WHILE SLEEPING.**

## WHEN LENSES SHOULD NOT BE WORN (CONTRAINDICATIONS)

When wearing contact lenses for vision correction, **DO NOT USE** these lenses when you have any of the following conditions: (except for bandage lens in therapeutic use)

- ▶ Inflammation or infection in or around the eye or eyelids
- ▶ Any eye disease, injury, or abnormality that affects the cornea, conjunctiva or eyelids
- ▶ Severe dry eye
- ▶ Reduced corneal sensitivity
- ▶ Any systemic disease that may affect the eye or become exaggerated by wearing contact lenses
- ▶ Allergic reactions on the surface of the eye or surrounding tissues that may be induced or made worse by wearing contact lenses or the use of contact lens solutions
- ▶ Irritation of the eye caused by allergic reactions to ingredients in contact lens solutions (i.e. cleaning and disinfecting solutions, rewetting drops, etc.). These solutions may contain chemicals or preservatives (such as mercury, Thimerosal, etc.) to which some people may develop an allergic response
- ▶ Any active eye infection
- ▶ If eyes become red or irritated



## WARNINGS

### What You Should Know About Contact Lens Wear

EYE PROBLEMS, INCLUDING CORNEAL ULCERS, CAN DEVELOP RAPIDLY AND LEAD TO LOSS OF VISION. IF YOU EXPERIENCE:

- ▶ Eye Discomfort
- ▶ Excessive Tearing
- ▶ Vision Changes
- ▶ Loss of Vision
- ▶ Eye Redness
- ▶ Other Eye Problems

**YOU SHOULD IMMEDIATELY REMOVE THE LENSES, AND PROMPTLY CONTACT YOUR EYE CARE PROFESSIONAL.**

- ▶ When prescribed for daily wear (i.e. your Eye Care Professional instructs you to remove your lenses at the end of each day), you should not wear your lenses while sleeping. Clinical studies have shown that the risk of serious eye problems is increased when lenses are worn overnight.<sup>1</sup>
- ▶ Studies have shown that contact lens wearers who smoke have a higher rate of eye problems than nonsmokers.
- ▶ Problems with contact lenses or lens care products could result in serious injury to the eye.
- ▶ Proper use and care of your contact lenses and lens care products, including lens cases, are essential for the safe use of these products.
- ▶ The overall risk of serious eye problems may be reduced by carefully following directions for lens care, including cleaning the lens case.

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

### Specific Instructions for Use and Warnings:

#### ▶ **Water Activity**

##### ***Instruction for Use***

Do not expose your contact lenses to water while you are wearing them.

**WARNING:** Water can harbor microorganisms that can lead to severe infection, vision loss, or blindness. If your lenses have been submersed in water when participating in water sports or swimming in pools, hot tubs, lakes, or oceans, you should discard them and replace them with a new pair. Ask your Eye Care Professional for recommendations about wearing your lenses during any activity involving water.



## Additional Specific Instructions for Use and Warnings for Lenses Prescribed for Frequent/Planned Replacement or Extended Wear:

### ▶ Soaking and Storing Your Lenses

#### ***Instruction for Use***

Use only fresh multi-purpose (contact lens disinfecting) solution each time you soak (store) your lenses.

**WARNING:** Do not reuse or “top-off” old solution left in your lens case since solution reuse reduces effective lens disinfection and could lead to severe infection, vision loss, or blindness. “Topping-Off” is the addition of fresh solution to solution that has been sitting in your case.

### ▶ Discard Date on Multi-Purpose Solution Bottle

#### ***Instruction for Use***

- Discard any remaining solution after the recommended time period indicated on the bottle of multi-purpose solution used for disinfecting and soaking your contact lenses.
- The discard date refers to the time you can safely use the contact lens care product after the bottle has been opened. It is not the same as the expiration date, which is the last date that the product is still effective before it is opened.

**WARNING:** Using your multi-purpose solution beyond the discard date could result in contamination of the solution and can lead to severe infection, vision loss, or blindness.

- To avoid contamination, DO NOT touch tip of container to any surface. Replace cap after using.
- To avoid contaminating your solution, DO NOT transfer to other bottles or containers.

### ▶ Rub and Rinse Time

#### ***Instruction for Use***

To adequately disinfect the lenses, rub and rinse the lenses according to the recommended lens rubbing and rinsing times in the labeling of the multi-purpose solution.

**WARNING:**

- Rub and rinse lenses for the recommended amount of time to help prevent serious eye infections.
- Never use water, saline solution, or rewetting drops to disinfect the lenses. These solutions will not disinfect the lenses. Not using the recommended disinfectant can lead to severe infection, vision loss, or blindness.



## ▶ **Lens Case Care**

### ***Instruction for Use***

- Empty and clean contact lens cases with digital rubbing using fresh, sterile disinfecting solution/contact lens cleaner. Never use water. Cleaning should be followed by rinsing with fresh, sterile disinfecting solution (never use water) and wiping the lens cases with fresh, clean tissue is recommended. Never air-dry or recap the lens case lids after use without any additional cleaning methods. If air-drying, be sure that no residual solution remains in the case before allowing it to air-dry.
- Replace your lens case according to the directions given to you by your Eye Care Professional or the labeling that came with your case.
- Contact lens cases can be a source of bacterial growth.

**WARNING:** Do not store your lenses or rinse your lens case with water or any non-sterile solution. Only use fresh multi-purpose solution so you do not contaminate your lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss, or blindness.

## **PRECAUTIONS**

**For your eye health,** it is important to carefully follow the handling, insertion, removal, and wearing instructions in this booklet as well as those prescribed by your Eye Care Professional (see “Lens Handling & Insertion,” “Lens Wearing,” and “Caring for Your Lenses” sections).

### General Precautions:

- ▶ If you wear your contact lenses to correct presbyopia using monovision or multifocal correction 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 your symptoms, your Eye Care Professional may recommend rewetting drops that are available 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.



- ▶ **Do not** change lens type (e.g. brand name, etc.) or parameters (e.g. diameter, base curve, lens power, etc.) without consulting your Eye Care Professional.
- ▶ **Be aware** that wearing a darkened ACUVUE® OASYS with Transitions™ lens on only one eye is not recommended because it may cause disturbances in your ability to accurately judge depth and the motion of objects. It may also create a cosmetic concern.
- ▶ **Never** wear the ACUVUE® OASYS with Transitions™ contact lenses as protection against artificial light sources, such as sun lamps, lasers, etc.
- ▶ **Never** stare directly at the sun or at an eclipse with or without ACUVUE® OASYS with Transitions™ contact lenses.
- ▶ **Be aware** that data is not available on the safety and performance of driving with the ACUVUE® OASYS with Transitions™ contact lenses for individuals age 50 and older who may have lens opacities (i.e. cataracts).
- ▶ **Always** have a functional pair of spectacles with a current prescription available to use if you become unable to wear contact lenses, or in circumstances where contact lens wear is not advised.
- ▶ As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes. Ask your Eye Care Professional about the recommended follow-up schedule.

#### Who Should Know That You Are Wearing Contact Lenses:

- ▶ **Inform** all of your doctors (Health Care Professionals) 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 (POSSIBLE PROBLEMS WITH LENS WEAR)

### *Possible Problems*

**Be aware that problems can occur while wearing contact lenses and may or may not be associated with the following symptoms:**

- ▶ Burning, stinging, itchy, and/or dry eyes
- ▶ Reduced lens comfort
- ▶ Feeling of something in your eye (foreign body, scratched area)
- ▶ Swelling or inflammation in or around the eyes
- ▶ Eye redness
- ▶ Eyelid problems
- ▶ Watery eyes and/or unusual eye secretions
- ▶ Poor vision
- ▶ Blurred vision
- ▶ Rainbows or halos around objects
- ▶ Sensitivity to light (photophobia)

When any of the above symptoms occur, a serious eye condition may be present. You should **immediately be seen by your Eye Care Professional**, so that the problem can be identified and treated, if necessary, in order to avoid serious eye damage.

### *Recognizing Problems and What to Do*

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 notice any problems, you should **IMMEDIATELY REMOVE YOUR LENS**. If the problem or discomfort stops, discard the lens and place a new fresh lens on the eye.

For lenses prescribed for frequent replacement wear, if the lens appears undamaged, clean and rinse the lens with a recommended soft contact lens care solution, and reinsert the lens. If after reinserting the lens, the problem continues, discard the lens and place a new fresh lens on the eye.

If after inserting the new lens, the problem continues, **IMMEDIATELY REMOVE THE LENS AND CONTACT YOUR EYE CARE PROFESSIONAL**.



During bandage/therapeutic use, an adverse effect may be due to the original disease or injury 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. Do **NOT** use a new lens as self-treatment for the problem.

## LENS HANDLING & INSERTION

**For your eye health**, it is important to carefully follow the handling, insertion, removal, and wearing instructions in this booklet as well as those prescribed by your Eye Care Professional. If you will not or cannot always follow the recommended care procedures, you should not attempt to wear contact lenses.

***When you first get your lenses, be sure that you are able to put the lenses on and remove them (or have someone else available who can remove the lenses for you) before leaving your Eye Care Professional's office.***

### **Step 1: Getting Started**

It is essential that you learn and use good hygiene 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, dry, and free of any soaps, lotions, or creams before you handle your lenses.

Before you start:

- ▶ Always wash your hands thoroughly with a mild soap, rinse completely and dry with a lint-free towel before touching your lenses.  
**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.
- ▶ You should avoid the use of soaps containing cold cream, lotion, or cosmetics before handling your lenses. These substances may come into contact with the lenses and interfere with successful wearing. It is best to put on your lenses before putting on makeup.







### **Step 2: Opening the Packaging**

Always confirm the lens parameters (eg. diameter (DIA), base curve (BC), lens power (D), etc) printed on the multi-pack and on the individual lens package match your prescription. **DO NOT** use if there is a mismatch.

### **Multi-Pack**

Each multi-pack contains individually packaged lenses. Each lens comes in its own foil-sealed plastic package containing borate buffered saline solution with either povidone or methyl ether cellulose (refer to secondary package). This package is designed specifically to keep the lens sterile while the package is sealed.

**Always store individual un-opened blisters of ACUVUE® OASYS with Transitions™ out of direct sunlight.**

### **Lens Package**

**DO NOT use if the sterile blister package is opened or damaged.**

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

1. Shake the lens package and check to see that the lens is floating in the solution.
2. Peel back the foil closure to reveal the lens.
3. 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.

**NEVER use tweezers or other tools to remove your lenses from the lens 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.

### **Lens Handling Tips:**

- Handle your lenses with your fingertips, and be careful to avoid contact with fingernails. It is helpful to keep your fingernails short and smooth.
- Develop the habit of always working with the same lens first to avoid mix-ups.
- After you have removed the lens from the packaging or lens case, examine it to be sure that it is moist, clean, and free of any nicks or tears. If the lens appears damaged, **DO NOT** use it.



### **Step 3: Placing the Lens on the Eye**

**Remember, always start with the same eye.**

Once you have opened the lens case or lens package, removed and examined the lens, follow these steps to insert the lens into 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.
  - 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 1-2-3. 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. Note that the 1-2-3 marking is not present on 1•DAY ACUVUE® MOIST for ASTIGMATISM, 1•DAY ACUVUE® DEFINE® with LACREON®, ACUVUE OASYS® with HYDRACLEAR PLUS for ASTIGMATISM, and ACUVUE OASYS® with HydraLuxe for ASTIGMATISM.
2. With the lens on your index finger, use your other hand to hold your upper eyelid so you won't blink.
  3. Pull down your lower eyelid with the other fingers of your "inserting" hand.
  4. Look up at the ceiling and gently place the lens on the lower part of your eye.
  5. Slowly release your eyelid and close your eye for a moment.
  6. Blink several times to center the lens.
  7. 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, ask your Eye Care Professional for an alternate method.

### **Step 4: Checking Your Lenses**

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?

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

- The lens is not centered on the eye (see "Step 5: Centering the Lens," next in this booklet).
- If the lens is centered, remove the lens (see "Removing Your Lenses") and check for the following:



- Cosmetics or oils on the lens. Dispose of the lens and insert a new fresh lens. For lenses prescribed for frequent replacement, clean and rinse with a recommended soft contact lens care solution, and if the cosmetic or oil has been removed, reinsert the lens. If your vision is still blurred, dispose of the lens and insert a new fresh lens.
- The lens is on the wrong eye.
- The lens is inside out (it would also not be as comfortable as normal). See “Step 3: Placing the Lens on the Eye.”

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 is noticeably uncomfortable upon insertion or becomes less comfortable than when it was first inserted, 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.

### **Step 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:

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

OR

- 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.

## **LENS WEARING**

**While wearing your lenses, remember the following important precautions:**

### **Cosmetic Lenses and Visual Symptoms**

- Cosmetically tinted contact lenses may let less light through than non-cosmetic lenses. Therefore, you may experience some visual symptoms while wearing them (i.e. seeing the lens pattern in your peripheral vision).



### **Hazardous Conditions**

- If you use aerosol (spray) products, such as hair spray, while wearing lenses, keep your eyes closed until the spray has settled.
- **Avoid** all harmful or irritating vapors and fumes while wearing lenses.
- **Never** rinse your lenses in water from the tap. Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.

### **Water Activity**

- Do not expose your contact lenses to water while you are wearing them.

### **Lubricating/Rewetting Solutions**

- Your Eye Care Professional may recommend a lubricating/rewetting solution for your use. These solutions can be used to wet (lubricate) your lenses while you are wearing them.
- **Do not** use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.

### **Sharing Lenses**

- **Never** allow anyone else to wear your lenses. They have been prescribed to fit your eyes and to correct your vision to the degree necessary. Sharing lenses greatly increases the chance of eye infections.

### **Adhering to the Prescribed Wearing & Replacement Schedules**

- **Never** wear your lenses beyond the amount of time recommended by your Eye Care Professional.
- **Always throw away** worn lenses as prescribed by your Eye Care Professional.

## **REMOVING YOUR LENSES**

**CAUTION:** Always be sure the lens is on the cornea (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.**

1. Wash, rinse and dry your hands thoroughly. You should follow the method that is recommended by your Eye Care Professional. Below is an example of one method:



***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.

2. Follow the instructions in the next section, “Caring for Your Lenses.”

**NOTE:** For your eye health, it is important that the lens moves freely on your eye. If the lens sticks (stops moving) on your eye, apply a few drops of the recommended rewetting solution. 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.

## CARING FOR YOUR LENSES

***For Lenses Prescribed for Single Use Disposable Wear:***

Remember, there is no cleaning or disinfection needed with your contact lenses when they are prescribed for disposable wear. Always dispose of lenses when they are removed and have replacement lenses or glasses available.

***For Lenses Prescribed for Frequent/Planned Replacement Daily Wear:***

When you first get your lenses, you will be given a recommended cleaning and disinfection routine by your Eye Care Professional.

Failure to follow the recommended procedures may result in development of serious eye problems, as discussed in the “Warnings” section.

***Lens Care Instructions for Frequent/Planned Replacement Daily Wear Before You Start:***

- **Always** wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses.
- Make sure you have the following supplies available:
  - Fresh cleaning and disinfecting solution, or a multi-purpose solution as recommended by your Eye Care Professional. Do not change solution without consulting with your Eye Care Professional.  
**Never use solutions recommended for conventional hard contact lenses only.**
  - Clean Lens Case

**When using hydrogen peroxide lens care systems, use ONLY the lens case provided with the hydrogen peroxide care system. This case is specially designed to neutralize the solution. Failure to use the specialized case will result in severe stinging, burning, and injury to the eye.**



### **Step 1: Cleaning & Disinfecting (Chemical – Not Heat)**

1. Always clean and disinfect the same lens first to avoid mix-ups.
2. Follow the instructions provided in the cleaning & disinfection product labeling or as recommended by your Eye Care Professional.

#### **DO NOT heat the disinfecting 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.

3. Rub and rinse your lenses according to the recommended lens rubbing and rinsing times in the labeling of your multi-purpose solution to adequately disinfect your lenses.

#### **WARNING:**

- Rub and rinse your lenses for the recommended amount of time to help prevent serious eye infections.
  - Never use water, saline solution, or rewetting drops to disinfect your lenses. These solutions will not disinfect your lenses. Not using the recommended disinfectant can lead to severe infection, vision loss, or blindness.
4. Put the lens into the correct chamber of the lens storage case.

### **Step 2: Storage**

- Always store the worn ACUVUE® OASYS with Transitions™ contact lenses in the lens case and out of direct sunlight.
- To store your lenses, first disinfect them, and 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. Extended periods of drying will make it harder for the lens to become wet again. If a lens does become dried out, discard it and replace with a fresh new lens.**

- If you will not be wearing your lenses immediately following disinfection, you should ask your Eye Care Professional for information about storing your lenses.
- Always empty and clean the contact lens case by rubbing with your finger and using fresh, sterile disinfecting solution/contact lens cleaner. Cleaning should be followed by rinsing with fresh, sterile disinfecting solution (never use water) and wiping the lens case with a fresh, clean tissue. If air-drying, be sure that no residual solution remains in the case before allowing it to air-dry.
- Replace your lens case according to the directions given to you by your eye care professional or the labeling that came with your case.
- Contact lens cases can be a source of bacterial growth.



**WARNING:** Do not store your lenses or rinse your lens case with water or any non-sterile solution. Only use fresh multi-purpose solution so you do not contaminate your lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss, or blindness.

## 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 RIGHT AWAY.**

## INSTRUCTIONS FOR THE PRESBYOPIC PATIENT (MONOVISION OR MULTIFOCAL)

### *About Presbyopia and Vision Correction*

- Presbyopia is a condition in which the natural lenses in the eyes lose some of their elasticity. This occurs normally with aging as the lenses lose some of their ability to change focus for different distances (loss of reading vision).
- Monovision is a method of correction for presbyopia using contact lenses in which one eye is corrected for distance vision and the other is corrected for near vision.
- Multifocal lenses correct presbyopia by providing distance and near vision correction powers within the same lens.

### *Getting Used to Monovision or Multifocal Correction (Adaptation)*

- 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 the sharpness of your vision 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 may be 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 a car during the first days of lens wear. Also, it is recommended that you only drive with monovision or multifocal correction if you pass your driver's license requirements with this correction.
- 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.

#### ***Additional Correction Needs***

- Some patients with monovision correction will need to wear their glasses over their contact lenses to provide the clearest vision for critical tasks. You should discuss this with your Eye Care Professional.
- Some 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 binocular vision is required from both eyes together.
- 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 for both eyes together.

**The decision to be fit with monovision or multifocal correction is most appropriately left to your 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)	Day	Wearing Time
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

## Appointment Schedule

Your appointments are on: \_\_\_\_\_

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

\_\_\_\_\_

## PATIENT/ EYE CARE PROFESSIONAL INFORMATION

Next Appointment:

Date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

**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.**