

Instructions for use for contact lens handling and insertion

- Soft contact lenses
- RGP contact lenses
- Hybrid contact lenses

THIS LEAFLET CONTAINS IMPORTANT PRODUCT USE AND SAFETY INFORMATION

This instruction for use is for soft and hybrid lens wearers only. If you wear another kind of lenses, please ask your eye care professional for the corresponding leaflet.

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.

Intended use:

The contact lenses are to correct the optical system and/or for therapeutic usage. The soft and hybrid contact lenses can be used for Myopia, Hyperopia, astigmatism, presbyopia, regular, irregular (such as keratoconus, post-operative or injuries) eyes. These lenses are designed for daily wear with a replacement period as prescribed by the eye care professional. Your eye care professional will determine the most appropriate contact lenses for you and your eyes, as well as the wear times and replacement intervals that are best suited to your type of lens.

The procedures are:

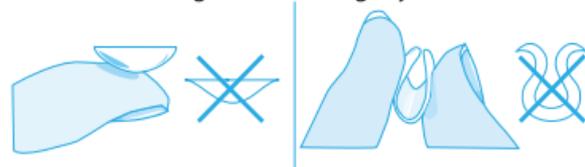
Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses.

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.

Handling your Lenses

Your eye care professional should provide you with detailed contact lens insertion and removal instructions. Develop the habit of always working with the same lens first to avoid mixups. 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. Verify that the lens is not turned inside out by placing it on your forefinger and checking 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.



• Never use tweezers, suction cups, sharp objects or your finger nails to remove your lenses from the lens container or your eyes.

• If you are using your contact lenses not frequently, please inform your fitter. The contact lenses solution has to be changed regularly even if the lenses are not used.

Placing The Lens On The Eye

Always wash, rinse and dry your hands before handling your contact lenses. Place the lens on the tip of your forefinger. Place the middle finger of the same hand close to your lower eyelashes and pull down the lower lid. Use the forefinger or middle finger of the other hand to lift the upper lid.



Place the lens on the eye. Gently release the lids and blink. The lens will center automatically. Use the same technique when inserting the lens for your left eye. Note: If you need to rinse the lenses before you insert it into your eye, use only fresh sterile saline solution. Never use tap water.

Removing the Lens

Always remove the same lens first. Wash, rinse and dry your hands thoroughly. CAUTION: Always be sure the lens is on the cornea 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.

Removing soft contact lenses

Blink fully several times, then while looking up, slide the lens down onto the white part of the eye. Remove the lens by gently pinching it between the thumb and forefinger. If the lens is difficult to remove, do not pinch the eye tissue.



Pinch Method:

Look up, slide the lens to the lower part of the eye using the forefinger. Gently pinch the lens between the thumb and forefinger. Remove the lens.

Note: Pinching the lens between the thumb and forefinger is not harmful, provided the fingernails do not contact the lens. Some people find a mirror helpful when removing the lenses.

Recommended wear and replacement schedule

In the interest of maintaining the health and safety of your eyes, the wearing schedule should be determined by your eye care professional.

It is recommended that contact lens wearers visit their eye care professional regularly as directed.

Taking care of your lenses

- Correct care of your lenses is essential.
- Disinfect your lenses each time they are removed to destroy harmful germs and to ensure safe and comfortable contact lens wear.
- Your eye care professional should choose the lens care system most suitable for you.
- Ask your eye care professional before using any alternative lens care products.
- Use only soft contact lens care products following the manufacturer's instructions.

Never use tab , sparkling or destilated water for cleaning.

If the lens dry out:

Re-wet with disinfecting, soaking or rinsing solution then follow the Disinfecting/Soaking step above.

Drug interaction

Using any kind of drugs (even Aspirin) can have changes in the tearfilm and can affect the contact lens wearing. Consult your eye care professional about any drug use. Also read carefully the drug leaflet.

When not to wear lenses

Contact lenses should not be worn in conjunction with certain health or environmental conditions. Conditions that may prevent or interfere with safe contact lens wear include:

- Allergy, inflammation, infection or irritation in or around the eye or eyelids.
- Periods of poor health, such as severe colds or influenza.
- Inadequate tear film (dry eyes).
- Excessively dry or dusty environments that make contact lens wear uncomfortable.

Because of the risk of microbic contaminations, not use or only with protection (goggles) the contact lens in water sport, swimming pool, lakes, jacuzzi or thermal bath. Consult your eye care professional specifically regarding these or other conditions.

Possible problems

Although soft contact lenses provide many benefits to the wearer, it is possible that problems might occur and may be first noticed as one or more of the following signs:

- Feeling of something in the eye
- Uncomfortable lens
- Eye redness
- Sensitivity to light
- Burning, stinging, itching or watering eyes
- Reduced sharpness of vision
- Rainbows or halos around lights
- Increased eye secretions
- Severe or persistent dry eyes
- Discomfort/pain These symptoms, if ignored, may lead to more serious complications.

What to do if a problem occurs

If any of the above symptoms occur:

- Immediately remove the lenses.
- If the discomfort or problem stops, then look closely at the lenses.
- If the lenses are in any way damaged, DO NOT put the lenses back on the eyes: replace with a new lens or consult your eye care professional.
- If the lenses have dirt, an eyelash, or foreign body on them, or the problem stops and the lenses appear undamaged, thoroughly clean, rinse and disinfect/neutralise the lenses, before reinsertion.
- If the above symptoms continue after removal or upon reinsertion of the lenses remove the lenses IMMEDIATELY, then promptly contact your eye care professional. A serious condition such as infection, corneal ulcer (ulcerative keratitis) or iritis may be present. These conditions could progress rapidly and may lead to permanent loss of vision. Less serious reactions such as abrasions, epithelial staining and bacterial conjunctivitis must be managed and treated properly to avoid complications.
- If a lens sticks (stops moving), apply several drops of a lubricating solution and wait until the lens begins to move freely on the eye before attempting to remove it. If the lens continues to stick, IMMEDIATELY consult your eye care professional.

Important things to remember

Do not share your lenses with anyone as this may spread micro-organisms which could result in serious eye health problems.

- Check your eyes daily to ensure they look well, feel comfortable and your vision is clear.
- Do not use lenses or lens care products after the expiry date.

- In conditions of low light, wearers of tinted lenses may experience reduced vision of low contrast objects. Wearers of multifocal lenses may experience reduced vision in any light condition.
- Be careful while using soaps, lotions, creams, cosmetics or deodorants as they can cause irritation if they come into contact with your lenses.
- Insert your lenses before applying make-up and remove them before taking your make-up off.
- Never allow contact lenses to come into contact with non-sterile liquids (including tap water and saliva) as microbial contamination can occur, which may lead to permanent eye damage.

Description of the label

The information on the label shows:

- 1) Soft contact lens in sterile solution
- 2) -4.50 -0.97 5° +2.50
- 3) 3 month lenses
- 4)  2019-01
- 5) 

- 1) Product description
- 2) Parameters
- 3) Renewal and range
- 4) Shelf life
- 5) Sterilisation type

Ask your eye care professional for more information.

CE 0044

SwissLens

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