



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

Congratulations!

You have purchased a high-quality contact lens from Switzerland. SwissLens produces with the most modern manufacturing processes and follows the European standards for medical devices. Please read the following instructions for use for your contact lens carefully. We wish you a lot of pleasure and good vision with your contact lens.

yours
SwissLens Team

This instruction for use is for rigid (RGP) contact 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 use of contact lenses is to correct the optical system and for therapeutic application. The RGP contact lenses can be used for Myopia, Hyperopia, astigmatism, presbyopia, regular, irregular (such as keratoconus, post-operative or injuries) eyes.

- These lenses are meant for adults, non pregnant women and for children under regular supervision of professionals. The lenses are daily wear with a replacement period as prescribed by the eye care professional. (ECP).
- For Myopia Management in progressive myopic children and adolescents between the ages of 8 and 18, the Relax-Design for RGP and Ortho-K is recommended to use.

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. Do not wear the lenses whilst sleeping unless advised to by your ECP.

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.

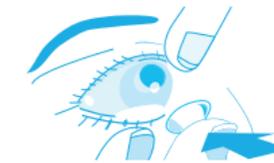
Handling your Lenses

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.

- 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 lens 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 or with the special inserter.
- 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.

Lens recentering

Occasionally the lens finds its way on to the white of the eye (Sclera). First establish where the lens is, then with careful manipulating of the lids reposition the lens back on to the cornea.

Before 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 the RGP / rigid Lens

There are two recommended methods of lens removal: the Forefinger /Thumb and Remover Method .

You should follow the method that was recommended by your eye care practitioner.

Forefinger and Thumb Method (1):

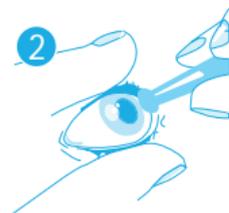
- Place your hand or towel under your eye to catch the lens.
- For your left eye, place the forefinger of your left hand at the corner of your eye.
- Place your right hand below the eye ready to catch the lens.
- Stare hard at your right hand and with your left forefinger pull the eyelid towards your ear then blink.
- The lens should just pop out of your eye.



Note: The lens may come out but remain on the eyelid, finger or thumb.

Remover Method with pluger (2):

- Moisten the suction cup of the Remover and guide it to the eye.
- Be sure the contact lens is centered on the eye before removing it.
- Align the suction cup so that it is positioned in front of and parallel to the lens.
- When the suction cup touches the lens, gentle pressure will make the lens adhere to the cup.
- Take the contact lens from the eye.
- After removal from the eye, carefully slide the lens sideways from the suction cup and it will come off easily.



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. Do not wear the lenses whilst sleeping unless advised to by your ECP.

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.
- If the lenses have not been used for a long period of time without regularly replacing the storage solution according to the instructions for use, we recommend that you dispose of the lenses as a precaution.

Never use tap , sparkling or destilated water for cleaning.

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 microbial 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.

If the lens dry out:

If a lens dries out, please not use this lens anymore.

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.

Possible problems

Although rigid 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 lenses or consult your eye care professional.
 - If the lenses has have dirt, an eyelash, or foreign body on them, or the problem stops and the lenses appears 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.

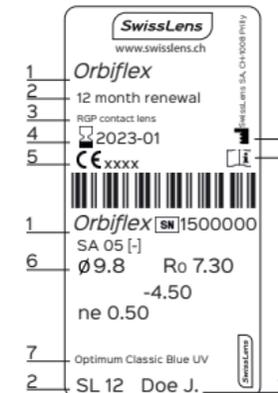
We deliver in a moistening storage solution. This solution has to be changed inbetween 30 days after shipping.

Ask your eye care professional for more information.

Description of the label

The information on the label shows:

- 1) Product name and Geometry
- 2) Renewal and range
- 3) Content description
- 4) Shelf life
- 5) CE Marking
- 6) Parameters
- 7) Material and tint
- 8) Manufacturer address
- 9) See information notice
- 10) Patient reference



CE 0044

SwissLens

CH - 1008 Prilly
www.swisslens.ch