

Instructions For Use Daily Wear (Frequent Replacement) And Extended Wear ACUVUE® Contact Lenses



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PLEASE READ CAREFULLY AND RETAIN FOR FUTURE REFERENCE. ACUVUE® CONTACT LENSES ARE MEDICAL DEVICES AND SHOULD ALWAYS BE FITTED BY AN EYE CARE PROFESSIONAL. ALWAYS FOLLOW YOUR EYE CARE PROFESSIONAL'S DIRECTIONS AND THE INSTRUCTIONS CONTAINED IN THIS LEAFLET.

| Brand Name | Material | Packaging Solution | Wearing Schedule |
|--------------------------------------------------------------------------|--------------|--------------------|-----------------------------------------------------------------|
| ACUVUE® 2 Brand Contact Lenses | etafilcon A | ① | 14 days (for Daily Wear) 6 nights/7 days (for Extended Wear) |
| ACUVUE® ADVANCE Brand Contact Lenses with HYDRACLEAR® | galyfilcon A | ② | 14 days (for Daily Wear) |
| ACUVUE® OASYS Brand Contact Lenses with HYDRACLEAR® PLUS | senofilcon A | ② | 14 days (for Daily Wear) 6 nights/7 days (for Extended Wear) |
| ACUVUE® VITA Brand Contact Lenses | senofilcon C | ② | 1 month (for Daily Wear) |
| ACUVUE® VITA Brand Contact Lenses for ASTIGMATISM | senofilcon C | ② | 1 month (for Daily Wear) |
| ACUVUE® OASYS Brand Contact Lenses for ASTIGMATISM with HYDRACLEAR® PLUS | senofilcon A | ② | 14 days (for Daily Wear) 6 nights/7 days (for Extended Wear) |
| ACUVUE® OASYS Brand Contact Lenses for PRESBYOPIA with HYDRACLEAR® PLUS | senofilcon A | ② | 14 days (for Daily Wear) 6 nights/7 days (for Extended Wear) |
| ACUVUE® OASYS MULTIFOCAL | senofilcon A | ② | 14 days (for Daily Wear) 6 nights/7 days (for Extended Wear) |
| ACUVUE® OASYS with Transitions™ | senofilcon A | ② | 14 days (for Daily Wear) |

Key: Packaging Solution: ① Borate Buffered saline ② Borate Buffered saline with methyl ether cellulose
Material content: ③ Lens material contains silicone and meets Class 1 UV-absorbing standards with transmissibility of less than 1% UVB (280-315nm) and 10% UVA (315-380nm) radiation. All other ACUVUE® products meet Class 2 UV-absorbing standards with transmissibility of less than 5% UVB and 50% UVA radiation. ④ Lens material contains a photochromic additive which dynamically absorbs visible light in the range from 380 nm to 780 nm to a minimum 84% transmittance in the inactivated (closed) state and to a minimum of 23% transmittance in the activated (open) state dependent on the lens thickness and the level of absorbed UV and high energy visible (HEV) radiation.

*Photochromic is defined as a reversible change in color or shade when exposed to specific types of light of sufficient intensity. In the absence of activating light, the color returns to clear.

Borates (boric acid & sodium borate) are defined as CMR 1B substances in a concentration above 0.1% weight by weight and are safe when the product is used according to label instructions

Not all of the listed products might be available at your country.
Please check which product is available in your country. www.acuvue.com

1. PRODUCT DESCRIPTION and INTENDED USE

This leaflet refers to the following ACUVUE® contact lenses which are intended for Daily Wear (Frequent replacement) (less than 24 hours, while awake) or Extended Wear (greater than 24 hours, including while asleep) which may be used continuously for up to 7 days/6 nights and should be discarded upon removal. **When used in this way, no cleaning or disinfection is required.** Your Eye Care Professional will determine your wearing schedule and your replacement schedule.

- ACUVUE® Spherical Brand Contact Lenses are intended for Daily Wear and for the optical correction of myopia (short-sightedness) and hyperopia (long-sightedness) in persons with healthy eyes who may have 1.00D or less of astigmatism.
- ACUVUE® OASYS with Transitions™ are photochromic contact lenses also indicated for the attenuation of bright light as they contain a photochromic additive which dynamically absorbs visible light.
- ACUVUE® 2 and ACUVUE® OASYS Brand Contact Lenses with HYDRACLEAR® PLUS are also intended for Extended Wear.
- ACUVUE® Brand Contact Lenses for ASTIGMATISM are intended for Daily Wear and for the optical correction of myopia (short-sightedness) and hyperopia (long-sightedness) in persons with healthy eyes who may have astigmatism.
- ACUVUE® OASYS Brand Contact Lenses for ASTIGMATISM with HYDRACLEAR® PLUS are also intended for Daily Wear or Extended Wear.
- ACUVUE® OASYS Brand Contact Lenses for PRESBYOPIA with HYDRACLEAR® PLUS are intended for Daily Wear or Extended Wear for the optical correction of myopia (short-sightedness) and hyperopia (long-sightedness) in presbyopic persons with healthy eyes who have 0.75D or less of astigmatism.
- ACUVUE® OASYS Brand Contact Lenses with HYDRACLEAR® PLUS are also indicated for therapeutic use as a bandage lens for certain ocular conditions.
- ACUVUE® OASYS MULTIFOCAL Contact Lenses are indicated for the correction of vision in presbyopic people with healthy eyes who are presbyopic and may also need correction of myopia (short-sightedness) or hyperopia (long-sightedness) and have 0.75D or less of astigmatism.

It is recommended that you first be started on a daily wear schedule. If successful, then a gradual introduction of extended wear can be followed as determined by your Eye Care Professional.
Once removed, it is recommended that the lens remains out of the eye for a period of rest overnight or longer. Your contact lenses may be prescribed for 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 any condition with a contact lens or eye medications without first being seen by your Eye Care Professional.

ACUVUE® OASYS Brand Contact Lenses with HYDRACLEAR® PLUS 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.
- Lenses prescribed for therapeutic use may be worn for daily or extended wear periods.

All ACUVUE® contact lenses contain a UV-blocker to help provide protection 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 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.

2. CONTRAINDICATIONS (When Not to Use)

When wearing contact lenses for REFRACTIVE AMETROPIA USE, **DO NOT USE** these lenses 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 may be made worse 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 use of contact lens solutions
- Any active corneal infection (bacterial, fungal, protozoal or viral)
- If eyes become red or irritated
- Irritation of the eye caused by allergic reactions to ingredients in contact lens solutions (i.e., rewetting drops). These solutions may contain chemicals or preservatives (such as mercury, Thimerosal, etc.) to which some people may develop an allergic response.

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.

3. WARNINGS - What You Should Know About Contact Lens Wear:
EYE PROBLEMS, INCLUDING CORNEAL ULCERS (ulcerative keratitis), CAN DEVELOP RAPIDLY AND LEAD TO LOSS OF VISION. IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:

- Eye Discomfort
- Excessive Tearing
- Loss of Vision
- Eye Redness
- Vision Changes

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

- Lenses prescribed for daily wear (i.e., your Eye Care Professional instructs you to remove your lenses at the end of each day), should not be worn while sleeping. Clinical studies have shown the risk of serious eye problems (i.e., ulcerative keratitis) is increased when lenses are worn overnight.
- Studies have shown that contact lens wearers who smoke have a higher rate of eye problems (i.e., ulcerative keratitis) than nonsmokers.
- Problems with contact lenses or lens care products could result in serious injury to the eye. You should be cautioned that proper use and care of 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 (i.e., ulcerative keratitis) may be reduced by carefully following directions for lens care.
- Do not** expose contact lenses to water, including while wearing them. If lenses have been exposed to water, you should discard and replace them with a new pair.
- 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.
- 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 lens case.
- 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.
- Using 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 the tip of the container to any surface. Replace cap after using. DO NOT transfer to other bottles or containers.
- 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.
- It is recommended that you see your Eye Care Professional routinely as directed.

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

4. PRECAUTIONS

- DO NOT** use if the sterile blister package is opened, damaged or after the expiry date.
- 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.
- NEVER** use tweezers or other tools to remove your lenses from the lens container.
- Remember, always start with the same eye.
- Always be sure the lens is in your eye and you see clearly before commencing your removal technique.

General Precautions:

- Due to the small number of patients enrolled in clinical investigation of lenses, all refractive powers, design configurations, or lens parameters available in the lens material are not evaluated in significant numbers. Consequently, when selecting an appropriate lens design and parameters, the Eye Care Professional should consider all characteristics of the lens that can affect lens performance and ocular health, including oxygen permeability, wettability, central and peripheral thickness, and optic zone diameter.
- The potential impact of these factors on the patient's ocular health should be carefully weighed against the patient's need for refractive correction; therefore, the continuing ocular health of the patient and lens performance on the eye should be carefully monitored by the prescribing Eye Care Professional.
- If you wear your contact lenses 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.
- Your Eye Care Professionals should instruct the patient to remove lenses immediately if the eyes become red or irritated.
- 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.
- 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 your lens type (e.g., brand name, etc.) or parameters (e.g., diameter, base curve, lens power, etc.) without consulting your Eye Care Professional.
- Always** have a functional pair of glasses 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.
- Close supervision is necessary for the Therapeutic use of all ACUVUE® OASYS Brand Contact Lenses with HYDRACLEAR® PLUS. Ocular medications used during treatment with a bandage lens should be closely monitored by the Eye Care Professional. In certain ocular conditions, only the Eye Care Professional will apply and remove the lenses. In these cases, patients should be instructed not to handle the lenses themselves.
- 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 ACUVUE® OASYS with Transitions™ contact lenses as protection against artificial light sources, such as sun lamps, lasers, etc. or stare directly at the sun or at an eclipse.
- 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 ACUVUE® OASYS with Transitions™ contact lenses for individuals age 50 and older who may have crystalline lens opacities (i.e., cataract).

5. ADVERSE REACTIONS (Side Effects) - Possible problems and what to do

Be aware that problems can occur while wearing contact lenses and may be associated with one or more of the following signs or symptoms:

- Burning, stinging, itchy, and/or dry eyes
- Reduced lens comfort or feeling of something in your eye
- Swelling or inflammation in or around the eyes
- Eye redness
- Eye problems
- Watery eyes and/or unusual eye secretions
- Poor or blurred vision
- Rainbows or halos around objects
- Sensitivity to light (photophobia)
- There may be the potential for some temporary impairment 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.

When any of the above symptoms occur, a serious eye condition may be present. **YOU SHOULD IMMEDIATELY REMOVE THE LENSES, and promptly 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. If after applying the new lens, the problem continues, IMMEDIATELY REMOVE THE LENS AND CONTACT YOUR EYE CARE PROFESSIONAL.

During therapeutic use of ACUVUE® OASYS Brand Contact Lenses with HYDRACLEAR® PLUS, 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.

DIRECTIONS FOR USE

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.

DO NOT use if the sterile blister package is opened, damaged or after the expiry date.

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 warm water, a mild soap, rinse carefully and dry with a clean lint-free towel before touching your lenses to reduce the chance of getting an infection.
 - You should avoid the use of any 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 (e.g., 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 lens package designed specifically to keep it sterile while sealed. Always store individual unopened ACUVUE® OASYS with Transitions™ blisters out of direct sunlight.

Lens Package

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. Carefully 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. 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, examine it to be sure that it is a single, moist, clean lens that is 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 apply the lens onto your eye:

1. BE SURE THE LENS IS NOT INSIDE-OUT by following one 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.
 - 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 all ACUVUE® lenses.

2. With the lens on your index finger, use your other hand to hold your upper eyelid so you will not blink.
3. Pull down your lower eyelid with the other fingers of your "applying" hand.
4. Look up at the ceiling and gently place the lens on the white of the lower part of your eye.
5. Slowly release your eyelid and close your eye for a moment.
6. Blink several times to centre the lens.
7. Use the same technique when applying 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 applied 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 centred on the eye (see "Step 5: Centring the Lens", next in this leaflet).
- If the lens is centred, remove the lens (see "Removing Your Lenses") and check for the following:
 - Cosmetics or oils on the lens. Dispose of the lens and apply 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 the lens and consult your Eye Care Professional.

Note: If a lens is noticeably uncomfortable upon application or becomes less comfortable than when it was first applied, 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: Centring the Lens

A lens, which is on the cornea (centre of your eye), will very rarely move onto the white part of the eye during wear. This, however, can occur if application and removal procedures are not performed properly. To centre 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-centred lens onto the cornea (centre of your eye) while the eye is opened using a clean finger pressure on the edge of the upper lid or lower lid.

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 vapours and fumes while wearing lenses.
- Never rinse your lenses in water from the tap.

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.
- Different solutions cannot always be used together and not all solutions are safe for use with all lenses. Use only recommended solutions.
- Do not change solution without consulting with the Eye Care Professional.
- Never use solutions recommended for conventional hard contact lenses only.
- Always use fresh, unexpired lens care solutions and lenses and always follow directions in the package inserts for the use of contact lens solutions.
- Sterile unpreserved solutions, when used, should be discarded after the time specified in the directions.
- Always keep the lenses completely immersed in the recommended storage solution when the lenses are not being worn (stored). Prolonged periods of drying (e.g. exposing the lens to air for 30 minutes or more) will reduce the ability of the lens surface to return to a wettable state. If the lens surface does become dried out, discard the lens and use a new one.

Sharing Lenses

- Never allow anyone else to wear your lenses. 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 dispose worn lenses as prescribed by your Eye Care Professional.
- Any unused product or waste material should be disposed of in accordance with local requirements.

REMOVING YOUR LENSES

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.

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: the Pinch 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 can move 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

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.

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 disinfection solutions, or a multipurpose solution as recommended by 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 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.

3. Rub and rinse your lenses according to the recommended lens rubbing and rinsing times in the labeling of your multipurpose 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 case.

Step 2: Storage

- To store your lenses, first disinfect them, and then leave them in the closed 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 solutions/contact lens cleaner. Cleaning should be followed by rinsing with fresh, sterile disinfecting solutions (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.
- Always store worn ACUVUE® OASYS with Transitions™ contact lenses in the lens case and out of direct sunlight.

WARNING: Do not store your lenses or rinse your lens case with water or any non-sterile solution. Only use fresh multipurpose 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.

6. REPORTING OF ADVERSE REACTIONS (Side Effects)


Any incident experienced whilst wearing ACUVUE® Brand Contact Lenses should be reported to the manufacturer and/or its authorized representative and/or to your national authority.

Storage condition

No specific storage condition is required.

Manufactured by:

 USA: Johnson & Johnson Vision Care, Inc.,
7500 Centurion Parkway, Jacksonville, Florida, 32256, USA

 IRELAND: Johnson & Johnson Vision Care Ireland UC, The National Technology Park, Limerick, Ireland






























Please refer to carton for country of origin. Full address listed above.

 AMO Ireland, Block B, Liffey Valley Office Campus,
Quarryvale, Co. Dublin, Ireland
www.acuvue.com

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The following symbols may appear on the labels 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 Use if Package is Damaged |
|  | Fee Paid for Waste Management |
|  | CAUTION: U.S. Federal law restricts this device to sale by or on the order of a licensed practitioner |
|  | Medical Device in the European Community |
|  | Indicates a Single Sterile Barrier System |
|  | UV Blocking |
|  | Authorized Representative in the European Community |
|  | CE-mark and Identification Number of Notified Body |
|  | Diameter |
|  | Base Curve |
|  | D |
|  | CYL |
|  | AXIS |
|  | MAX ADD |
|  | LOW / L |
|  | MID / M |
|  | HGH / H |
|  | Lens Orientation Correct |
|  | Lens Orientation incorrect (Lens Inside Out) |
|  | "Identification mark" for paper containers and wrapping |
|  | "Identification mark" for composite materials |
|  | Store Away from Direct Sunlight |
|  | Contains Hazardous Substances |
| | Importer |

العوة الممتدة
تحتوي كل عوة ممتدة على عدسات معبأة بشكل فردي، وتأتي كل عدسة في عبوتها الخاصة بها المصممة خصيصًا لتتوافق عليها عبوة أثناء غلق العوة. احرص دائمًا على تخزين حافظات البليستزر لعدسات™ ACUVUE® OASYS with Transitions® القريبة غير المقترحة بعيدًا عن أشعة الشمس المباشرة.

عوة العدسة

- افتح عوة العدسة القريبة، اتبع هذه الخطوات البسيطة:
 - 1. رَج عوة العدسة وتأكد من أن العدسة تطوق في الحول.
 - 2. أزل رقاقة التنظيف المعدنية برفق لتكشف عن العدسة.
 - 3. ضع أصابعك على العدسة وانفعا لأعلى بتمريرها على جانب وعاء عوة العدسة حتى تخرج من الحارة.
- تأكد من أن العدسة ليست مقلوبة بالتأخ أحد الإجراءات التالية:
- ضع أصابعك على طرف إصبعك السبابة وتوقف من الحارة.
 - توجه إلى الخارج، فإذا يعني أن العدسة مقلوبة.
 - اضبط العدسة برفق بين الإبهام والسبابة، وتأكد من أن العدسة مقلوبة، فستجدها في الخارج قليلًا.
 - ضع العدسة على طرف إصبعك السبابة، وبالنظر إلى العدسة، حدد مكان الأرقام 1-2-3. رؤية الأرقام 1-2-3 تشير إلى أن العدسة في الاتجاه الصحيح، فيما إذا كانت الأرقام 1-2-3 معكوسة، فهذا يعني أن العدسة مقلوبة. وإذا كانت العدسة مقلوبة (الأرقام 1-2-3 معكوسة)، فقلبها في الاتجاه الصحيح ثم حدد مكان الأرقام مرة أخرى للتأكد من أن اتجاه العدسة صحيح.

تصالح التعامل مع العدسات

- تعالج عدساتك باستخدام أطراف أصابعك ولكن حذرًا لتجنب ملامستها للأظفار. وسيكون من المفيد أن تتخاطب على أطرافك قصيرة وناعمة.
- تعود دائمًا على وضع نفس العدسة أو ألا تتجنب اختلاط العدسات.
- افحص العدسة بعد إخراجها من العوة للتأكد من أنها عسة واحدة ورطبة ونظيفة وأنها خالية من أي خدوش أو تمزقات. إذا كانت العدسة تبدو تالفة، فلا تستخدمها.

الخطوة 3: وضع العدسة على العين

تأكد أن تبدأ بالعين نفسها دائمًا
يجدر أن تفتح حافظة العدسة أو عبوتها وتخرج العدسة وتفحصها، اتبع هذه الخطوات لوضع العدسة على عينك:

1. تأكد من أن العدسة ليست مقلوبة بالتأخ أحد الإجراءات التالية:
 - ضع العدسة على طرف إصبعك السبابة وتوقف من الحارة.
 - توجه إلى الخارج، فإذا يعني أن العدسة مقلوبة.
 - اضبط العدسة برفق بين الإبهام والسبابة، وتأكد من أن العدسة مقلوبة، فستجدها في الخارج قليلًا.
 - ضع العدسة على طرف إصبعك السبابة، وبالنظر إلى العدسة، حدد مكان الأرقام 1-2-3. رؤية الأرقام 1-2-3 تشير إلى أن العدسة في الاتجاه الصحيح، فيما إذا كانت الأرقام 1-2-3 معكوسة، فهذا يعني أن العدسة مقلوبة. وإذا كانت العدسة مقلوبة (الأرقام 1-2-3 معكوسة)، فقلبها في الاتجاه الصحيح ثم حدد مكان الأرقام مرة أخرى للتأكد من أن اتجاه العدسة صحيح.
2. لاحظ أن علامات الأرقام 1-2-3 غير موجودة على جميع عدسات ACUVUE®.
3. مع وضع العدسة على إصبعك السبابة، استخدم بيك الأخرى لتمسك بالجزء العلوي حتى لا ترمش بعينك.
4. انظر إلى السقف وضع العدسة برفق على بيض الجزء السفلي من عينك.
5. اترك جفك يبطه وأغضض عينك لحظة.
6. ارمش بعينك عدة مرات لوضع العدسة في وسط العين.
7. استخدم نفس الخطوات عند وضع العدسة على عينك الأخرى.

هناك طرق أخرى لوضع العدسة. إذا كانت الطريقة المذكورة صعبة بالنسبة لك، فاطلب من أخصائي رعاية العيون أن يشرحك بطريقة بديلة.

الخطوة 4: تتحقق من العدسات اللاصقة

بعد وضع العدسات بنجاح، ينبغي أن تمش نفسك:

- هل أرى بشكل جيد؟
- ما هو الإحساس الذي تتركه العدسات على عيني؟
- كيف يبدو شكل عيني؟
- إذا كانت رؤيتك ضبابية بعد وضع العدسات، فتحقق مما يلي:
- العدسة ليست في وسط العين (انظر "الخطوة 5: وضع العدسة في وسط العين"، وهي الخطوة التالية في هذه الفقرة).
- إذا كانت العدسة في وسط العين، فإزغ العدسة (انظر "تجزع العدسات اللاصقة") وتحقق مما يلي:
- وجود مستحضرات تجميل أو زيوت على العدسة.
- العدسة لم توضع في العين الصحيحة.
- العدسة مقلوبة (في هذه الحالة أيضًا، أن تكون العدسات مبرجة المعكأ). انظر "الخطوة 3: وضع العدسة على العين".

إذا وجدت أن رؤيتك لا تزال ضبابية بعد التحقق من الاحتمالات المذكورة أعلاه، فإزغ العدسة واستشر أخصائي رعاية العيون الخاص بك.

ملحوظة: إذا كانت العدسة غير مريحة بشكل ملحوظ عند وضعها على العين أو أصبحت أقل راحة مما كانت عليه عند وضعها أول مرة، فإزغ العدسة على الفور واتصل بأخصائي رعاية العيون الخاص بك. إذا أظهر فحصك لعينيك والعدسات وجود أي مشكلات أخرى، فإزغ العدسات على الفور واتصل بأخصائي رعاية العيون الخاص بك.

الخطوة 5: وضع العدسة في وسط العين

تأكدًا جدًا من تتقل العدسة، التي توضع على القرنية (وسط العين)، إلى الجزء الأبيض من العين أثناء وضعها. ولكن، يمكن أن يحدث ذلك إذا لم تتم إجراءات وضع العدسة وتزعجها بالشكل الصحيح. لوضع العدسة في وسط العين، اتبع أيًا من هذه الإجراءات:

- اغضض عينيك وحرك العدسة برفق نحو مكانها والخفنين مغلقتين.
- أو
- حرك العدسة البعيدة عن وسط العين برفق تجاه القرنية (وسط العين) بينما تكون العين مقترحة بالضغط بأصبع نظيف على حافة الجفن السفلي أو العلوي.

الأوضاع الخطيرة

- إذا كنت تستخدم المنتجات الرابذة (الجاخة)، مثل بخاخ الشعر، أثناء وضع العدسات، فإبق عينيك مغمضتين حتى يستقر الرذاذ.
- تجنب جميع الأبخرة والأبخنة الضارة أو المهيجة أثناء ارتداء العدسات.
- لا تقم أبدًا بتنظيف عدساتك باستخدام مياه من الصنبور.

الأنشطة المائية

لا تعرض عدساتك اللاصقة للمياه أثناء استخدامك لها.

محاليل الترطيب/التزليق

- يمكن أن يوصي أخصائي رعاية العيون الخاص بك بأن تستخدم محلول ترطيب/تزليق. ويمكن استخدام هذه المحاليل لترطيب (تزليق) عدساتك أثناء استخدامها.
- لا تستخدم الماء أو أي مادة أخرى بخلاف المحاليل الموصى بها لتزليق أو ترطيب عدساتك. لا تضع العدسات في فمك.
- لا يمكن دائمًا استخدام المحاليل المختلفة معًا ولا تكون جميع المحاليل آمنة للاستخدام مع جميع العدسات. استخدم المحاليل الموصى بها فقط.
- لا تغير المحلول دون استشارة أخصائي رعاية العيون.
- لا تستخدم أبدًا المحاليل الموصى بها في حالة العدسات اللاصقة الصلبة التقليدية فقط.
- استخدم دائمًا محاليل عالية و عدسات جديدة وغير منتفخة الصلابة واتبع دائمًا التوجيهات المذكورة في نشرات العوات لاستخدام محاليل العدسات اللاصقة.
- عند استخدام المحاليل المعقمة غير المحفوظة، ينبغي التخلص منها بعد الوقت المحدد في التوجيهات.
- احتفظ دائمًا بالعدسات مغمورة بالكامل في محلول التخزين الموصى به في حالة عدم استخدامها (تخزينها). سوف تتخسف القترات المطولة من الجفاف (مثل تعرض العدسة للهواء لمدة 30 دقيقة أو أكثر) من قشرة سطح العدسة على العودة للحالة الرطبة. إذا أصبح سطح العدسة جافًا، فتخلص منها واستخدم عدسة جديدة.

مشاركة العدسات

- لا تسمح أبدًا لأي شخص آخر بوضع عدساتك. فالمشاركة في استخدام العدسات تزيد بدرجة كبيرة من فرص الإصابة بعدوى في العين.

الالتزام بالجدول الموصوف لاستخدام العدسات واستبدالها

- لا تقم أبدًا بوضع العدسات لمدة تتجاوز الفترة الزمنية التي يوصى بها أخصائي رعاية العيون الخاص بك.
- تتخلص دائمًا من العدسات المستخدمة كما يصف لك أخصائي رعاية العيون.
- ينبغي التخلص من أي منتج غير مستخدم وفقًا للمتطلبات المحلية.

تزعج العدسات اللاصقة

إذا كانت الرؤية ضبابية، فهذا يعني أن العدسة إما تقع في الجزء الأبيض من العين أو أنها ليست في عينك على الإطلاق. لتحديد مكان العدسة، افحص المنطقة العليا من العين بالنظر إلى الأسفل في مرآة بينما تسحب الجفن العلوي لأعلى. ثم افحص المنطقة السفلية عن طريق سحب الجفن السفلي للأسفل.

1. قم بغسل يديك وتطفيها وتجفيفها جيدًا. ينبغي أن تتبع الطريقة التي أوصاك بها أخصائي رعاية العيون الخاص بك. وقم أيضًا على مثال على إحدى الطرق: طريقة الانقراط.
2. طريقة الانقراط:
 - الخطوة 1: انظر لأعلى، وقم بزلق العدسة إلى الجزء السفلي من العين باستخدام السبابة.
 - الخطوة 2: لتفتح العدسة بلطف بين الإبهام والسبابة.
 - الخطوة 3: أزغ العدسة.
3. اتبع التعليمات المذكورة في القسم التالي، "العناية بالعدسات اللاصقة".

ملحوظة: من أجل صحة عينيك، من المهم أن تتحرك العدسة على عينك. إذا كانت العدسة ملتصقة (لا تتحرك) على عينك، فضع بضعة قطرات من محلول الترطيب الموصى به وانتظر حتى تبدأ العدسة في التحرك بحرية على عينك قبل زعجها. إذا استمرت العدسة في عدم التحرك، ينبغي لك استشارة أخصائي رعاية العيون الخاص بك على الفور.

العناية بالعدسات اللاصقة

عندما تحصل على عدساتك لأول مرة، سيوضح لك أخصائي رعاية العيون الخاص بك الروتين الموصى به للتنظيف والتطهير. عند اتباع الإجراءات الموصى بها يمكن أن يؤدي إلى الإصابة بمشكلات خطيرة بالعين، كما هو موضح في قسم "تحذيرات".

قبل أن تبدأ:

- **قم دائمًا بغسل يديك جيدًا** باستخدام صابون لطيف والشطفها بالكامل وجففها باستخدام منشفة خالية من اليرير قبل لمس عدساتك.
- تأكد من أن المستلزمات التالية متاحة لديك:
- محاليل جديدة للتنظيف والتطهير، أو محلول متعدد الاستخدامات كما هو موصى به من قبل أخصائي رعاية العيون
- تنظيف حافظة العدسات
- عند استخدام أنظمة العناية القائمة على بيروكسيد الهيدروجين للعناية بالعدسات، استخدم فقط حافظة العدسة المزودة بنظام العناية القائم على بيروكسيد الهيدروجين.

الخطوة 1: التنظيف والتطهير (الكيميائي - ليس الحراري)

1. قم دائمًا بتنظيف وتطهير العدسة نفسها أولاً لتجنب اختلاط العدسات.
2. اتبع التعليمات المقدمة في ملصق المنتج لتنظيف والتطهير أو على النحو الموصى به من قبل أخصائي رعاية العيون.
3. لا تقم بتسخين محلول التطهير والعدسات.

تنبيه: العدسات التي يتم تطهيرها كيميائيًا قد تمتص المكونات الموجودة في محلول التطهير مما قد يسبب التهيج لعينيك. من المفترض أن يقل الشطف الجيد باستخدام محلول ملحي جديد (أو محلول آخر موصى به) قبل وضع العدسة على العين من احتمالية الإصابة بالتهيج.

تنظيف العدسات بصورة ملائمة: افرك العدسات والشطفها وفقًا لفترات فرك وتنظف العدسات الموصى بها في ملصق المحلول متعدد الاستخدامات.

تحذير:

- قم بفرغ العدسات وشطفها للفترة الزمنية الموصى بها للمساعدة على منع الإصابة بعدوى العين الخطيرة.
- لا تقم أبدًا باستخدام الماء أو المحلول الملحي أو قطرات العين لتطهير عدساتك. إن تقوم هذه المحاليل بتطهير عدساتك، يمكن أن يؤدي استخدام محلول تطهير يحتوي على الإصباة بعوى شديدة أو فقدان البصر أو العمى.

2. التخزين:

- **احتفظ دائمًا بالعدسات مغطاة بالكامل بمحلول تطهير موصى به في حالة عدم استخدامها.** قد تعمل القترات المطولة من الجفاف إعادة ترطيب العدسة أمرًا صعبًا. إذا أصبحت العدسة جافة، فتخلص منها واستبدلها بعدسة جديدة.
- إذا كنت لن تقوم باستخدام عدساتك على الفور بعد التطهير، ينبغي لك أن تغلّب من أخصائي رعاية العيون معومات عن تخزين عدساتك.
- قم دائمًا بتفريغ حافظة العدسات اللاصقة وتنظيفها عن طريق فركها بإصبعك باستخدام محاليل تطهير مضمّعة/منظفة عدسات لاصقة. بعد التنظيف، ينبغي أن تُنظف العدسة باستخدام محاليل تطهير مضمّعة (لا تقم أبدًا باستخدام الماء) ثم تُمسح حافظة العدسات باستخدام منديل جديد ونظيف. إذا كانت ستخفيها بتركيها في الهواء، فتأكد من عدم وجود محلول ممتبق في الحافظة قبل تركها لتجف في الهواء.
- استبدل حافظة عدساتك حسب التوجيهات التي يعطيكها لك أخصائي رعاية العيون الخاص بك أو الموجودة في ملصق الحافظة.
- يمكن أن تكون حافظة العدسات اللاصقة مصدرًا لنمو البكتيريا.
- قم دائمًا بتخزين عدسات™ ACUVUE® OASYS with Transitions التي قمت بارتدائها في حافظة العدسة وبعيدًا عن أشعة الشمس المباشرة.

تحذير: لا تستخدم الماء أو المحاليل غير المضمّعة في تخزين عدساتك أو شطف حافظة عدساتك. استخدم فقط محلولًا متعدد الاستخدامات جديدًا حتى لا تلوث العدسات أو حافظة العدسات. يمكن أن يؤدي استخدام محلول غير مضمّع إلى الإصابة بعوى شديدة، أو فقدان البصر، أو العمى.

حالات الطوارئ: إذا تعرضت عينك لإرذاد مواد كيميائية من أي نوع (بمتنجذ منزلية، محاليل بستنة، مواد كيميائية معملية، إلخ). فقم بتنظف عينك على الفور بماء الصنبور واتصل فورًا بأخصائي رعاية العيون الخاص بك أو قم فورًا بزيارة غرفة الطوارئ بأي مستشفى.

6. الإبلاغ عن التفاعلات الضارة (الأثار الجانبية)

ينبغي الإبلاغ عن أي حادث يقع أثناء استخدام عدسات ACUVUE® Brand Contact Lenses إلى الجهة المصنّعة وأو ممثلها المعتمد و/أو السلطات الوطنية لديك.

ظروف التخزين

لا يتطلب وجود ظروف خاصة للتخزين.

الجهة المصنّعة

الولايات المتحدة الأمريكية: Johnson & Johnson Vision Care, Inc.,
7500 Centurion Parkway, Jacksonville, Florida, 32256, USA

أيرلندا: Johnson & Johnson Vision Care Ireland UC, The National Technology Park, Limerick, Ireland

يرجى الرجوع إلى العوة الكرتونية لمعرفة بلد المنشأ. العنوان بالكامل مذكور أعلاه.

AMO Ireland, Block B, Liffey Valley Office Campus,
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Transitions Optical, Inc., هي علامة تجارية تابعة لشركة، JUVCL و TOL، مُستخدَم بموجب ترخيص من JUVCL. تاريخ المراجعة: 2021/06

يمكن أن تظهر الرموز التالية على الملصقات أو العبوات:

| الرمز | التعريف |
|-------|-----------------------------------------------------------------------------------------|
| | تتبع، راجع تعليمات الاستخدام |
| | الجهة المصنّعة |
| | تاريخ التصنيع |
| | صالح حتى تاريخ (تاريخ انتهاء الصلاحية) |
| | رمز التشفية |
| | مضمّعة باستخدام حرارة البخار |
| | لا تستخدمها في حالة تلف العبوة |
| | الرسوم المدفوعة لإدارة النفايات |
| | تنبيه: يحظر القانون الفيدرالي الأمريكي بيع هذا الجهاز إلا بواسطة ممارس مرخص أو بأمر منه |
| | جهاز طبي في المجتمع الأوروبي |
| | يشير إلى نظام عزل مضمّع فردي |
| | تحمج الأشعة فوق البنفسجية |
| | ممثل معتمد في المجتمع الأوروبي |
| | علامة CE ورقم التعريف للجهة المعتمدة |
| | القطر |
| | منحني القاعدة |
| | الدويرتر (وحدة قياس قوة العدسة) |
| | قوة العدسة الأسطوانية |
| | المحور |
| | أعلى إضافة قريبة يمكن تصحيحها |
| | إضافة قريبة "منخفضة" |
| | إضافة قريبة "متوسطة" |
| | إضافة قريبة "مرتفعة" |
| | اتجاه العدسة صحيح |
| | اتجاه العدسة غير صحيح (العدسة مقلوبة) |
| | "علامة التعريف" للحاويات الورقية والتنظيف |
| | "علامة التعريف" للمواد المركبة |
| | يتم التخزين بعيدًا عن أشعة الشمس المباشرة |
| | يحتوي على مواد خطرة |
| | المستورد |