

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

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

- Always use fresh lens care products before the expiration date.
- Use the recommended system of lens care, chemical (not heat), and carefully follow instructions on lens care product labelling. Different products cannot always be used together, and not all products are safe for use with all lenses. Do not alternate or mix lens care systems unless indicated on the product labelling.
- Always remove, rub, rinse and disinfect your lenses according to the schedule prescribed by your Eye Care Professional. The use of any cleaning solution does not substitute for disinfection.
- Lenses prescribed on the reusable wear program should be thrown away after the recommended wearing period prescribed by your Eye Care Professional.

- Depending on whether the lens material contains silicone, or silicone hydrogel, the wettability may differ when different lens care products are used. Your Eye Care Professional should recommend a care system that is appropriate for use and important safety information, which should be read and carefully followed.

Note: Some solutions may have more than one function, which will be indicated on the label. Read the label on the solution bottle and follow the instructions. Never use solutions recommended for conventional hard contact lenses only.

Your contact lenses may be prescribed in certain eye conditions and diseases as a bandaged 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.

#### CLEANING

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

#### Disinfecting (chemical – not heat)

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

- Follow the instructions provided in the disinfection product labelling or recommended by your Eye Care Professional.
- 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.
- Thoroughly rinse lenses with a fresh solution recommended for rinsing before inserting and wearing, or follow the instructions on the disinfection solution labelling.
- Do not heat the disinfection solution and lenses.

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

#### STORAGE

- To store your lenses, first disinfect them, 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 store worn lenses in the lens case and out of direct sunlight.
- 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 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. Never use water, saline solution, or rewetting drops to disinfect the lenses. These solutions will not disinfect the lenses.
- 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 (contact lens disinfecting) solution each time you soak (store) your lenses so you do not contaminate your lenses or lens case. Use of non-sterile solution can lead to severe infection,

vision loss, or blindness.

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.

#### INSTRUCTIONS FOR THE PRESBYOPIC PATIENT

If your Eye Care Professional explains that you require monovision or multifocal correction you should take note of the following:

As with any contact lens correction, there can be a visual compromise.

In some cases, monovision and multifocal lenses can reduce visual acuity and depth perception for distance and near tasks. Some patients have difficulty adapting to this.

Symptoms such as mild blurring and variable vision may last for a period of time, as your eyes learn to adapt. The longer these symptoms persist, the poorer your chances for successful adaptation.

During this period, it is advisable to only wear these lenses in familiar situations that are not visually demanding. For example, until your eyes have adjusted, it would be wise to avoid driving.

Some patients may also need to wear spectacles over their lenses to provide the clearest vision for critical tasks.

In some cases, patients will never be fully comfortable functioning in poor light, for example when driving at night. If this happens, you may be prescribed additional lenses so that both eyes can be corrected when sharper distance vision is required.

The decision to be fitted with monovision or multifocal lenses should always be made after careful consultation with an Eye Care Professional.

You should follow the advice you are given to help you adapt to monivision or multifocal lenses and you should always discuss fully any concerns or problems you may have during and after the adaptation period.

#### COSMETIC LENS

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).

#### SAFETY CHECK

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

Ask yourself:

1. How do the lenses feel on my eyes?
2. How do my eyes look?
3. Do I continue to see well?

You should remove your lens immediately if you experience any of the following problems:

- Itching, burning or stinging of the eye.
- A feeling of something in your eye (foreign body, scratched area).
- Excessive watering, unusual eye secretions or redness.
- Blurred vision, rainbows or haloes around objects. Dry eyes may occur if your lenses are worn continuously or for too long.
- The lens feels less comfortable than it did when it was first inserted.
- Swelling or inflammation in, or around the eyes
- Eyelid problems
- Sensitivity to light (photophobia)
- Other eye problems

If the discomfort or problem stops when you take out the lens, you should examine it closely for damage, dirt or a foreign body. Discard the lens and insert a fresh one.

For lenses prescribed for frequent replacement, if the problem or discomfort stops and 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 the problem continues, remove the new lens and consult your Eye Care Professional immediately.

Any of the symptoms above can indicate a serious condition such as infection or corneal ulcer. Prompt diagnosis and treatment is essential to help avoid serious damage to your eyes.

**REMEMBER - SYMPTOMS ARE WARNING SIGNS. IF IN DOUBT, TAKE THEM OUT.**

#### OTHER IMPORTANT INFORMATION

##### PRECAUTIONS

- Before leaving your Eye Care Professional, ensure that you are able to remove your lenses.
- Remove your lenses immediately if your eyes become red or irritated.
- Inform all doctors that you are a contact lens wearer.
- Always seek advice from your Eye Care Professional before using any eye drops.

- 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

- Always contact your Eye Care Professional before using any medicine in your eyes.

- Certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquilisers and treatments for travel sickness may cause dryness of the eye, increased lens awareness or blurred vision. If you experience a problem, you should seek proper medical advice.

- Be aware that wearing a darkened 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).

- **If chemicals (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes: FLUSH EYES IMMEDIATELY WITH WATER. CONTACT YOUR EYE CARE PROFESSIONAL WITHOUT DELAY OR GO TO THE EMERGENCY DEPARTMENT OF YOUR NEAREST HOSPITAL.**

- Those who use oral contraceptives could develop changes in vision or lens tolerance. Your Eye Care Professional will advise you about this.

- As with any contact lens, regular eye check-ups are essential to maintain healthy vision.

- 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 chances of eye infections.

- For healthy, comfortable vision, it is important your ACUVUE® Brand Contact Lenses are worn only as prescribed by your Eye Care Professional. This includes following instructions for the wearing, and care of your lenses. Never wear your lenses beyond the amount of time recommended by your Eye Care Professional. This leaflet will act as a reminder of these instructions.

- Your Eye Care Professional should be kept fully informed about your medical history and will recommend a lens and care system specific to your needs.

- When the replacement period prescribed by your Eye Care Professional is over, your ACUVUE® Brand Contact Lenses should be discarded and replaced with a new sterile pair.

- Wearing Contact Lenses whilst swimming and participating in other water sports should be avoided. Exposing contact lenses to water during swimming or while in a hot tub may increase the risk of eye infection from microorganisms.
- Avoid all harmful or irritating vapours and fumes whilst wearing lenses.

- Always inform your employer of being a contact lens wearer. Some jobs may require the use of eye protection equipment or may require that you do not wear contact lenses.

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

#### CONTRAINDICATIONS

When wearing contact lenses for vision correction, 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 (photophobia).
- Any systemic disease that may affect the eye or 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 eye infection.
- If eyes become red or irritated.

- 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.

- For bandage use, your Eye Care Professional may prescribe your contact lenses to aid the healing process of certain ocular conditions that may include those listed above.

#### SUMMARY OVERVIEW

As with all types of contact lenses, there are basic guidelines which must be followed to protect and enhance your sight.

- Always read the label.
- Always follow the instructions given to you in order to optimise lens wear. Regular check-ups are important to maintain peak performance and healthy vision.
- High standards of hygiene are essential for optimising lens wear.

- NEVER wear lenses for longer than the prescribed period.
- NEVER use tap water to rinse your lenses or lens case. Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.

- Each sterile lens is supplied in a foil-sealed plastic package containing a borate buffered saline solution as specified in the multipack packaging.

- If you have a problem such as redness or irritation or blurred vision, IMMEDIATELY remove your lenses and contact your Eye Care Professional.

- Always have a pair of spectacles handy so you are not tempted to wear your lenses when you shouldn't. Whilst contact lenses may be your preferred eye-wear, spectacles are an essential back-up.

- Follow-up visits are necessary to assure the continuing health of your eyes. Ask your Eye Care Professional about the recommended follow-up schedule.

When prescribed for daily wear, do not sleep in your lenses. Remove them every night unless advised by your Eye Care Professional. Insert only sterile lenses in your eye.

For reusable contact lenses (ACUVUE® OASYS® with HYDRACLEAR® Plus, ACUVUE® OASYS® for ASTIGMATISM, ACUVUE® VITA™, ACUVUE® VITA™ for ASTIGMATISM and ACUVUE® OASYS MULTIFOCAL with PUPIL OPTIMISED DESIGN) cleaning, rinsing and disinfecting are essential each time the lens is removed and reinserted.

For reusable contact lenses (ACUVUE® OASYS® with HYDRACLEAR® Plus, ACUVUE OASYS for ASTIGMATISM, ACUVUE VITA™, ACUVUE® VITA™ for ASTIGMATISM and ACUVUE® OASYS® with Transitions™ Light Intelligent Technology™ and ACUVUE® OASYS MULTIFOCAL with PUPIL OPTIMISED DESIGN) never reuse the solution in your lens case. Use fresh solution each time the lenses are removed.

For maximum benefit and performance, it is vital that you recognise how important it is to follow these guidelines.

You should only wear your lenses according to the advice given to you by your Eye Care Professional and that contained in this booklet. Use only as directed.

#### ADVERSE REACTIONS

Any adverse reactions experienced whilst wearing ACUVUE® Brand Contact Lenses should be reported to your Eye Care Professional.

During 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 a self-treatment for the problem.

# ACUVUE®

BRAND CONTACT LENSES

## PATIENT INSTRUCTION GUIDE

DAILY DISPOSABLE AND FREQUENT REPLACEMENT CONTACT LENSES



## DAILY DISPOSABLE LENSES

1-DAY ACUVUE® MOIST etafilcon A\*

1-DAY ACUVUE® MOIST for ASTIGMATISM etafilcon A\*

1-DAY ACUVUE® TruEye® naraafilcon A\*\*

1-DAY ACUVUE® DEFINE® with LACREON® etafilcon A\*

1-DAY ACUVUE® MOIST Multifocal etafilcon A\*

ACUVUE® OASYS® 1-DAY with HYDRALUXE™ senofilcon A\*\*

ACUVUE® OASYS® 1-DAY with HYDRALUXE™ for ASTIGMATISM senofilcon A\*\*

ACUVUE® OASYS MAX 1-DAY senofilcon A\*\*

ACUVUE® OASYS MAX 1-DAY MULTIFOCAL senofilcon A\*\*

## FREQUENT REPLACEMENT LENSES

ACUVUE OASYS® with HYDRACLEAR® Plus senofilcon A\*

ACUVUE OASYS® for ASTIGMATISM senofilcon A\*\*

ACUVUE® VITA™ senofilcon C\*\*

ACUVUE® VITA™ for ASTIGMATISM senofilcon C\*\*

ACUVUE OASYS® with Transitions® Light Intelligent Technology™ senofilcon A\*\*

ACUVUE® OASYS MULTIFOCAL with PUPIL OPTIMISED DESIGN senofilcon A\*\*

\*Borate buffered saline solution with povidone

\*\*Borate buffered saline solution with methyl ether cellulose

## ACUVUE® Brand Contact Lenses.

Congratulations on choosing ACUVUE® Brand Contact Lenses. The information and instructions contained in this leaflet apply only to the ACUVUE® brand contact lenses listed on the front cover. The symbols key provides an explanation of symbols that may appear on the lens packaging.

SYMBOL	DEFINITION	SYMBOL	DEFINITION
	Caution, Consult Instructions for Use		Quality System Certification Symbol
	Use By Date (Expiration Date)		UV Blocking
	Batch Code		Fee Paid for Waste Management
	Sterilized Using Steam Heat		Do Not Use If Package is Damaged
	Diameter		Caution: By law, this device must be prescribed by a registered practitioner.
	Base Curve		
	Cylinder axis		Date of Manufacture
	Axis		Manufacturer
	Dioptre (lens power)		Lens Orientation Incorrect (Lens Inside Out)
	Lens Orientation Correct		Do Not Re-Use (Single Use)
	EU Authorised Representative		1 - Month Replacement
	EU Authorised Representative		Store Away from Direct Sunlight

ACUVUE® Brand Contact Lenses are soft, thin and flexible. They are designed for comfort and to allow oxygen to pass to your eyes in order to help them stay refreshed and healthy. They also offer protection from ultraviolet (UV) radiation\*.

For easier handling, ACUVUE® Brand Contact Lenses have a visibility tint and spherical lenses include an inside out indicator.

ACUVUE® Brand Contact Lenses are designed for daily wear, single-use or reusable wear as indicated by your Eye Care Professional.

ACUVUE OASYS® with HYDRACLEAR® Plus, ACUVUE OASYS® for ASTIGMATISM and ACUVUE OASYS® with Transitions® Light Intelligent Technology™ lenses are intended for frequent replacement for up to 14 days. ACUVUE® VITA™, ACUVUE® VITA™ for ASTIGMATISM and ACUVUE® OASYS MULTIFOCAL with PUPIL OPTIMISED DESIGN is intended for frequent replacement for up to 30 days.

For your eye health it is important that your contact lenses be worn only as prescribed by your Eye Care Professional. He or she will review with you all

instructions for lens handling and care, including how to safely and easily open the packaging. You will also be taught how to properly insert and remove lenses. This leaflet will reinforce those instructions.

All your Doctors should be kept fully aware of your medical history and will give you a total program of care based on your specific needs.

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

As with any contact lens, ACUVUE® Brand Contact Lenses are medical devices. The ongoing support of your Eye Care Professional for regular eye checks is essential to the long term protection of your health and vision.

**Always follow the wear schedule as recommended by your Eye Care Professional.**

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

### WARNINGS

**Water Warning:** Do not expose your contact lenses to water while you are wearing them. Water can harbor microorganisms that can lead to severe infection, vision loss, or blindness. If your lenses have been submerged 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.

**What you should know about contact lens wear:** It is essential that you follow your Eye Care Professional's directions for the proper use and care of contact lenses. On rare occasions, eye problems including microbial keratitis or corneal ulcers may develop, which may lead to loss of vision.

The overall annual incidence of microbial keratitis in patients who wear 2 contact lenses on a daily wear basis is estimated to be about 4.2 in 10,000. For occasional overnight use (1 night or more per week) the risk increases to 19.5 and 25.4 in 10,000, for hydrogel and silicone hydrogel contact lenses respectively<sup>1</sup>. Daily disposable contact lenses, not worn on an overnight basis, are associated with a lower risk of developing microbial keratitis of 2.0 per 10 000<sup>1</sup>.

An increased risk of developing microbial keratitis is associated with sporadic overnight wear, smoking and purchasing contact lenses via the internet/mail order<sup>1</sup>. The overall risk of microbial keratitis may be reduced by carefully following directions for good hygiene and lens care, including cleaning the lens case.

When prescribed by your Eye Care Professional 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 (outside the intended indication). Clinical studies have shown that the risk of serious eye problems is increased when lenses are worn overnight.<sup>2</sup>

Studies have shown that contact lens wearers who smoke have a higher rate of eye problems than nonsmokers.

The overall risk of serious eye problems may be reduced by carefully following directions for lens care, including cleaning the lens case.

<sup>1</sup>Stapleton, F. et al. The incidence of contact lens related microbial keratitis in Australia. *Ophthalmology*, 2008 15(10) 1655-1661

<sup>2</sup>New England Journal of Medicine, September 21, 1989; 321 (12), pp. 773-783.

### A CLEAN ROUTINE

Preparing the lens for insertion.

Cleanliness is the first and most important aspect of proper contact lens care.

Establish a routine of good hygiene for handling your lenses.

- Always wash your hands thoroughly with a mild soap, rinse carefully and dry with a lint-free towel before touching your lenses.
- Do not use cosmetics, soaps containing moisturisers, cold cream, lotions or creams before handling your lenses as they may interfere with successful contact lens wear. It is best to insert your lenses before putting on make-up.
- Keep your eyes closed when using hairspray or other aerosols.
- Wearing contact lenses whilst swimming and participating in other water sports should be avoided.
- Always follow the instructions in this leaflet and any advice given to you by your Eye Care Professional for the correct handling, insertion, removal, cleaning, disinfecting, storing and use of your lenses.
- Never wear lenses longer than the period prescribed.

### THE LENS 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. To open the box, pull the front flap upwards. Inside each box are individual packages with sterile lenses when sealed. Tuck in the flap to close.

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

Always store individual un-opened blisters out of direct sunlight. To open an individual lens package, follow these simple steps:

1. First separate one lens from the strip of the lens packages. Be careful not to break the seal or any of the other lens packages.
2. Shake the package to allow the lens to float free in the solution.
3. Pull back the foil. Occasionally, a lens may stick to the package itself. This will not affect the sterility of the lens, which is still suitable to use.
4. Handle the lens carefully with your fingertips and be careful to avoid damage with your fingernails. It helps to keep fingernails smooth and short.
5. Carefully remove the lens by sliding it up the side of the container. Never use tweezers or other tools.

### INSERTING YOUR LENSES

- To avoid mix-ups, develop the habit of always inserting the first lens in your right eye.
  - Before inserting the lens, check to see it is a single lens, free of any nicks or tears. If it appears damaged, throw it away and use the next lens.
  - Check the lens has not turned inside out by following either of the following procedures:
    1. 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 appear to point outward, the lens is inside out.
    2. Place the lens on the tip of your index finger and, looking up at the lens, locate the numbers 123. 1-2-3 indicates correct orientation, while a reverse of 1-2-3 indicates the lens is inside out.
- If the lens is inside out, invert the lens and check again to confirm correct lens orientation.

Note: These numbers are not on ACUVUE® OASYS for ASTIGMATISM, 1-DAY ACUVUE® MOIST for ASTIGMATISM, 1-DAY ACUVUE® DEFINE® with LACREON® and ACUVUE® OASYS 1-DAY WITH HYDRALUXE™ for ASTIGMATISM, ACUVUE® VITA™ for ASTIGMATISM

### TIPS FOR EASY HANDLING

For Reusable contact lenses only:



If you need to rinse the lens before you insert it, use only sterile rinsing solution as recommended by your Eye Care Professional.

### PLACING THE LENS ON THE EYE

1. Remember to start with your right eye. Place the lens on the tip of your index finger and check its profile.
2. With the lens on your forefinger, place the middle finger of the same hand close to the lower eyelashes and pull down the lid.
3. Use the forefinger or middle finger of the other hand to lift the upper lid and place the lens on the eye.
4. Gently release both lids and close your eyes for a moment.
5. Repeat these steps for the left lens.

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

### CENTRING THE LENS

Usually, the lens centres itself automatically on the middle of your eye when you insert it, and will very rarely be displaced onto the white of your eye during wear. However, this can occur if insertion and removal are not performed properly.

To centre a lens, follow either of these methods:

- Close your eyelids and gently massage the lens into place through the closed lid.
- Or:
- Gently manipulate the off-centred lens onto the middle of your eye while the eye is open, using finger pressure on the edge of the upper or lower lid.

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

- The lens may not be centred on the eye. Check the instructions above.
- If the lens is in the correct position, remove it and look for the following:
  - a. Cosmetics or oils on the lens. Dispose of the lens and insert a fresh one.
  - b. The lens may be on the wrong eye.
  - c. The lens may be inside out, which may also make it less comfortable than normal.

### CARE FOR A STICKING (NON-MOVING) LENS

If a lens sticks on your eye, you may be prescribed a lubricating or wetting solution by your Eye Care Professional. In this way you can wet your lenses while you are wearing them, to make them more comfortable.



Just apply a few drops and wait until the lens begins to move freely on the eye. If the lens remains stuck to your eye, consult your Eye Care Professional IMMEDIATELY.

### REMOVING YOUR LENSES

- Wash, rinse and dry your hands thoroughly and follow the same rules for hygiene as described in the section entitled 'A Clean Routine'.
- Always remove the same lens first.

### CAUTION:

Always ensure that the lens is on the middle of your eye before attempting to remove it.

You can determine this by covering the other eye and, if vision is blurred, the lens is either on the white of the eye or it is not on the eye at all. To locate the lens:

1. Inspect the upper area of the eye by looking down into a mirror while pulling the upper lid up.
2. Inspect the lower area by pulling the lower lid down. Once you have found the lens, you can remove it by using the Pinch Method or any other method recommended by your Eye Care Professional.

### THE PINCH METHOD

1. Look up, slide the lens down to the white of your eye using your forefinger.
2. Gently pinch the lens between your thumb and forefinger and remove the lens.

### CARING FOR YOUR LENSES

#### Basic Lens Care Instructions

Failure to follow the correct lens care regime may result in the development of serious eye problems, as described in the section entitled 'What you should know about contact lens wear'.

To avoid running out of lenses, make sure you always have an adequate supply of replacement lenses.

To avoid running out you will need to allow time to order and collect your replacement lenses from your Eye Care Professional.

If you run out of lenses for any reason you should wear your glasses.

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

When you first get your lenses, be sure to put the lenses on and remove them while you are in your Eye Care Professional's office (or have someone else available who can remove the lenses for you if applicable).

Always wash, rinse and dry your hands before handling contact lenses.

Do not use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.

### For daily disposable wear, single-use lenses:

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

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

### For frequent replacement reusable lenses wear:

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

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

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

Discard any remaining solution after the recommended time period indicated on the bottle of multipurpose 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 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. To avoid contaminating your solution, DO NOT transfer to other bottles or containers.

### YOUR PRESCRIPTION

#### Right Eye

(Base curve, power, cylinder, axis)

#### Left Eye

(Base curve, power, cylinder, axis)

Replacement schedule:

### Details of your Eye Care Professional

Australian residents: Johnson & Johnson Vision Care (Australia) Pty Ltd., 1-5 Khartoum Rd, Macquarie Park, NSW 2113 Australia. Phone 1800 736 912, email support@acuvue.com.au, web www.acuvue.com.au

New Zealand residents: Johnson & Johnson Vision Care a division of Johnson & Johnson (New Zealand) Limited, 507 Mt. Wellington Highway, Mt. Wellington, Auckland 1060, New Zealand. Phone 0800 466 173, email support@acuvue.co.nz, web www.acuvue.co.nz

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