

**BAUSCH  
LOMB**

# Optima™ Toric

(hefilcon B)  
Contact Lenses

PATIENT INFORMATION BOOKLET

# Table of Contents

## (Patient Information Booklet)

	<b>Page</b>		<b>Page</b>
Introduction .....	2	Heat (Thermal) Lens Disinfection.....	20
Wearing Restrictions and Indications.....	4	Emergency (Alternate) Method for Heat (Thermal) Disinfection .....	20
Contraindications (Reasons Not To Use) .....	5	Chemical (Not Heat) Disinfection.....	21
Warnings.....	6	Lens Deposits and Use of Enzymatic Cleaning Procedure .....	21
Precautions .....	7	Lens Case Cleaning and Maintenance.....	21
Adverse Reactions (Problems and What To Do).....	9	Care for a Sticking (Nonmoving) Lens.....	21
Personal Cleanliness and Lens Handling .....	10	Care for a Dehydrated Lens .....	22
Preparing the Lens for Wearing.....	10	Emergencies .....	22
Handling the Lenses .....	10	Instructions for the Monovision Wearer .....	23
Placing the Lens on the Eye.....	11	Prescribed Wearing Schedule.....	24
Centering the Lens.....	14	Appointment Schedule.....	24
Removing the Lens.....	14	Personal Wearing Schedule Record .....	25
Caring for Your Lenses (Cleaning, Rinsing, Disinfecting, Enzyming, Storage and Rewetting/Lubricating) .....	15	Check-Up Visits.....	27
Basic Instructions .....	15	Patient/Eye Care Practitioner Information.....	29
Lens Care Products Chart .....	17		
Thermal (Heat) Lens Care System .....	18		
Chemical Lens Care System.....	19		
All Lens Care Systems .....	19		

# Introduction

The instructions in this booklet apply to the BAUSCH & LOMB® Optima™ Toric (hefilcon B) Contact Lenses. If you have received or are considering another brand of contact lenses, do not use this booklet. Ask your eye care practitioner for the patient booklet or instructions that apply to your brand or type of contact lenses. For BAUSCH & LOMB® Optima™ Toric (hefilcon B) Contact Lenses, it is essential to your safety that you read and understand the information and instructions in this booklet, and have your eye care practitioner answer any questions, both before and after you receive contact lenses.

Wearing contact lenses is different from wearing eyeglasses. Because they are worn directly on your eyes, contact lenses affect the way in which your eyes function. These effects tend to increase with the length of time that the lenses remain on your eyes between removals. Although the great majority of people successfully wear contact lenses without problems, before you decide whether to begin or to continue wearing contact lenses for daily wear, you should discuss with your eye care practitioner the effects of contact lenses on your eyes and the risks associated with wearing contact lenses. You also should read the sections of this booklet entitled "Warnings", "Adverse Reactions", "Precautions", and "Wearing Restrictions

and Indications". Ask your eye care practitioner to explain anything that you do not understand, including any additional restrictions given to you by your eye care practitioner.

You also need to remember that soft contact lenses, including those covered by this booklet, are made of a type of plastic that absorbs liquids, vapors, and small particles, and, for some people, may collect deposits from your natural eye fluids. Therefore, you should strictly follow the instructions contained in the sections of this booklet entitled "Caring For Your Lenses", as well as the written information leaflets accompanying the lens care products that you buy and any other instructions given to you by your eye care practitioner. Any failure to follow these instructions and the wearing restrictions will increase the chances of contamination, damage to the lenses, or a build-up of deposits on the lenses, which can lead to serious, sight-threatening eye infections and injuries.

Adherence to your prescribed wearing schedule and replacement schedule if on a Frequent Replacement Program, and regular check-up visits to your eye care practitioner are also necessary for the proper and safe use of contact lenses. Spaces are provided in the back of this booklet for you to record your personal wearing schedule and schedule of follow-up visits. Soft contact

lenses generally are comfortable from the beginning. Therefore, be sure to follow the wearing schedule prescribed for you, and do not overwear your lenses simply because they remain comfortable and you are not experiencing a problem. Only your eye care practitioner, through a professional examination, can determine how your eyes are reacting to the contact lenses and whether there are any early signs of possible problems.

Finally, if problems or symptoms should occur, immediately remove your lenses and follow the steps described in the sections of this booklet entitled "Warnings" and "Adverse Reactions". Prompt attention to problems is essential and may require immediate professional care.

Remember, when wearing soft contact lenses your eyes should look and feel good, and your vision should be clear.

# Wearing Restrictions and Indications

## DAILY WEAR

The BAUSCH & LOMB® Optima™ Toric (hefilcon B) Contact Lens is indicated for vision correction of refractive ametropia (myopia and hyperopia) in not-aphakic persons with non-diseased eyes, that exhibit refractive astigmatism up to 5.00 diopters. The lens may be prescribed in spherical powers ranging from +6.00D to -9.00D.

The lens may be disinfected using either a heat or chemical disinfection system. Eye Care Practitioners may prescribe the lens for traditional or frequent/planned replacement wearing schedule, with cleaning, disinfection and scheduled replacement of the lens.

The BAUSCH & LOMB® Optima™ Toric (hefilcon B) Contact Lens described in this booklet should be removed from your eyes for routine cleaning and disinfecting as prescribed by your eye care practitioner.

- Always keep your lens carrying case filled with fresh solution with you when you wear your lenses, in case you have to remove the lenses immediately upon the appearance of a problem or symptom.
- Do not use aerosol products such as hair spray while wearing your lenses. The lenses may absorb the spray,

resulting in injury to the eye and damage to the lens.

- Avoid wearing the lenses around fumes, irritating vapors, smoky or dusty conditions. The lenses may absorb the chemicals or particles, resulting in injury to the eye.
- Avoid rubbing your eyes with the lenses in, which can irritate the eye or dislodge the lens.
- Keep your eyes closed tightly when washing or showering to keep water and soaps out of the eyes, which can cause loss of the lenses, contamination or injury to the eye.
- If you get something in your eye, remove the lens immediately. Do not replace the lens until your eye feels normal, and after you have cleaned and disinfected the lens.
- Tell your regular physician and every other doctor that you visit, that you wear contact lenses and the type of lenses that you wear. If you are admitted to a hospital, also tell your nurses that you wear contact lenses.
- Do not use any eye drops, ointments, or medicines in your eye unless they are specifically approved by your eye care practitioner or physician. Some drops, ointments, or medicines will cause injury to the eye if used by a contact lens wearer.

- Ask your eye care practitioner whether there are any other wearing restrictions that apply to you. Write those restrictions in the spaces provided below and follow them carefully:

---

---

---

---

---

---

---

---

---

# Contraindications (Reasons Not To Use)

DO NOT USE the BAUSCH & LOMB® Optima™ Toric (hefilcon B) Contact Lens when any of the following conditions exist:

- Acute and subacute inflammation or infection of the anterior chamber of the eye
- Any eye disease, injury, or abnormality that affects the cornea, conjunctiva, or eyelids
- Severe insufficiency of lacrimal secretion (dry eyes)
- Corneal hypoesthesia (reduced corneal sensitivity)
- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses
- Allergic reactions of ocular surfaces or adnexa (surrounding tissue) that may be induced or exaggerated by wearing contact lenses or use of contact lens solutions
- Allergy to any ingredient, such as mercury or Thimerosal, in a solution which is to be used to care for the BAUSCH & LOMB® Optima™ Toric (hefilcon B) Contact Lens
- Any active corneal infection (bacterial, fungal, or viral)
- If eyes become red or irritated

# Warnings

You should be advised of the following warnings pertaining to contact lens wear:

- Problems with contact lenses and lens care products could result in **serious injury** to your eye. It is essential that you follow your eye care practitioner's direction and all labeling instructions for proper use of lenses and lens care products, including the lens case. Eye problems, including corneal ulcers, can develop rapidly and lead to **loss of vision**.
- Daily wear lenses are not indicated for overnight wear, and patients should be instructed not to wear lenses while sleeping. Clinical studies have shown that the risk of serious adverse reactions is increased when these lenses are worn overnight.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than nonsmokers.
- If you experience eye discomfort, excessive tearing, vision changes, or redness of the eye, you should **immediately remove lenses** and promptly contact your eye care practitioner.

# Precautions

You should be aware of and fully discuss with your eye care practitioner the following care regimen and safety precautions:

- Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. Use only recommended solutions.
  - Never use solutions recommended for conventional hard contact lenses only.
  - Chemical disinfection solutions should not be used with heat **unless** specifically indicated on product labeling for use in both heat and chemical disinfection.
  - Always use **fresh unexpired** lens care solutions.
  - 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 labeling directions.
  - Do not use saliva or anything other than the recommended solutions for lubricating or wetting your lenses.
  - Always keep your lenses completely immersed in the recommended storage solution when your lenses are not being worn. Prolonged periods of drying can damage lenses. Follow the lens care directions for Care for a Dehydrated (Dried-Out) Lens if the lens surface does become dried out.

- If the lens sticks (stops moving) on your eye, follow the recommended directions on Care for a Sticking Lens. The lens should move freely on your eye for the continued health of your eye. If nonmovement of the lens continues, you should **immediately** consult your eye care practitioner.
- Always wash and rinse your hands before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, or sprays in your eyes or on the lenses. It is best to put on lenses before putting on makeup. Water-base cosmetics are less likely to damage lenses than oil-base products.
- Do not touch contact lenses with your fingers or hands if your hands are not free of foreign materials, as microscopic scratches of the lenses may occur, causing distorted vision and/or injury to your eye.
- Carefully follow the handling, insertion, removal, cleaning, disinfecting, storing and wearing instructions in this Patient Information Booklet for the BAUSCH & LOMB® Optima™ Toric (hefilcon B) Contact Lens and those prescribed by your eye care practitioner.
- Never wear lenses beyond the period recommended by your eye care practitioner.
- Always handle lenses gently and avoid dropping them.
- Ask your eye care practitioner about wearing lenses during water activities and other sports.

- Inform your doctor (health care practitioner) about being a contact lens wearer.
- Never use tweezers or other tools to remove lenses from the lens container unless specifically indicated for that use. Pour the lens into your hand.
- Do not touch the lens with your fingernails.
- Always discard lenses worn on a frequent/planned replacement schedule after the recommended wearing schedule prescribed by your eye care practitioner.
- Always contact your eye care practitioner before using any medicine in your eyes.
- Always inform your employer of being a contact lens wearer. Some jobs may require use of eye protection equipment or may require that you not wear contact lenses.
- As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes. You should be instructed as to a recommended follow-up schedule.

# Adverse Reactions (Problems And What To Do)

You should be aware that the following problems may occur:

- Eyes stinging, burning, itching (irritation), or other eye pain
- Comfort is less than when lens was first placed on eye
- Abnormal feeling of something in the eye (foreign body, scratched area)
- Excessive watering (tearing) of the eyes
- Unusual eye secretions
- Redness of the eyes
- Reduced sharpness of vision (poor visual acuity)
- Blurred vision, rainbows, or halos around objects
- Sensitivity to light (photophobia)
- Dry eyes

If you notice any of the above, you should:

- ***Immediately remove your lenses.***

- If the discomfort or problem stops, then look closely at the lens. If the lens is in any way damaged, ***do not*** put the lens back on your eye. Place the lens in the storage case and contact your eye care practitioner. If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, you should thoroughly clean, rinse, and disinfect the lenses; then reinsert them. After reinsertion, if the problem continues, you should ***immediately remove the lenses and consult your eye care practitioner.***

When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularization, or iritis may be present. You should ***keep the lens off your eye and seek immediate*** professional identification of the problem and prompt treatment to avoid serious eye damage.

# Personal Cleanliness and Lens Handling

## 1. Preparing the Lens for Wearing:

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. 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.

## 2. Handling the Lenses:

- 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.

- Should you accidentally place an inside-out lens on your eye, one of the following signs should signal you to remove and replace it correctly.
  - a. Less than usual comfort
  - b. The lens may fold on the eye
  - c. Excessive lens movement on blink
  - d. Blurred vision
- If the lens folds and sticks together: Place the lens in the palm of your hand and wet thoroughly with an appropriate rinsing or storing solution. Refer to the Lens Care Products Chart for the solutions recommended by Bausch & Lomb. Then GENTLY rub the lens between your index finger and palm in a gentle back and forth motion.
- If this gentle rubbing does not work, soak the lens in one of the above solutions contained in your lens case until the lens has resumed its normal shape. If the lens flattens or drapes across your finger, the lens or your finger may be too wet. To correct this, dry your finger by transferring the lens several times from one index finger to the other, drying the opposite finger each time.
- Keep the lens wet in the recommended solutions.

- Never place a lens on the eye unless it has been fully hydrated (wet) with an appropriate rinsing or storing solution. Refer to the Lens Care Products Chart for the solutions recommended by Bausch & Lomb.

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

There are other methods of lens placement. If the following methods are difficult for you, your eye care practitioner will provide you with an alternate method.

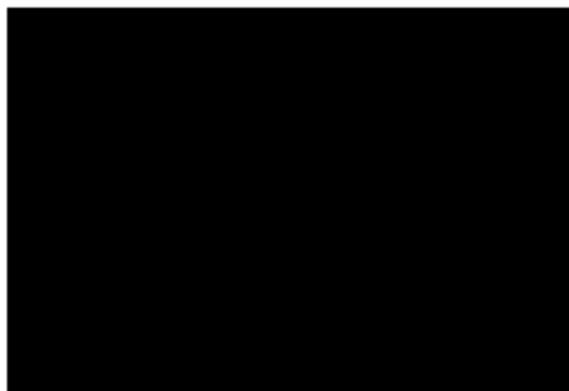
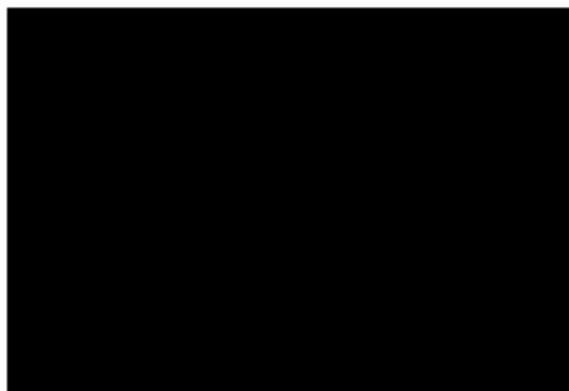
**Note:** If after placement of the lens, your vision is blurred, check for the following:

- The lens is not centered on the eye (see "Centering the Lens," next in this booklet).
- If the lens is centered, remove the lens (see "Removing the Lens" section) and check for the following:
  - a. Cosmetics or oils on the lens. Clean, rinse, disinfect, and place on the eye again.
  - b. The lens is on the wrong eye.
  - c. The lens is inside-out (it would also not be as comfortable as normal).

If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult your eye care practitioner.

### **The One Hand Placement Technique**

Place the lens on your index finger. Head up, looking straight ahead, pull down your lower eyelid with the middle finger of your placement hand. Look up steadily at a point above you. Then place the lens on the lower white part of your eye. Remove your index finger and slowly release the lower lid. Look down to position the lens properly. Close your eyes for a moment; the lens will center itself on your eye.

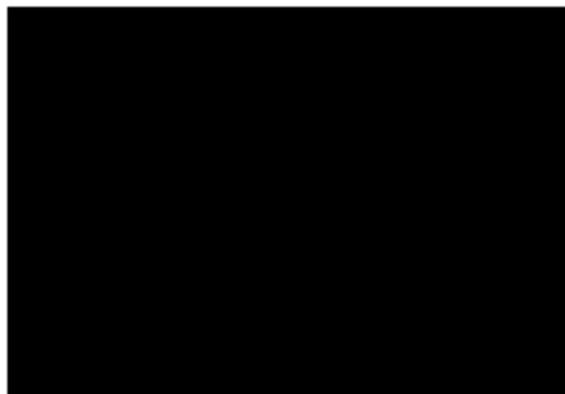
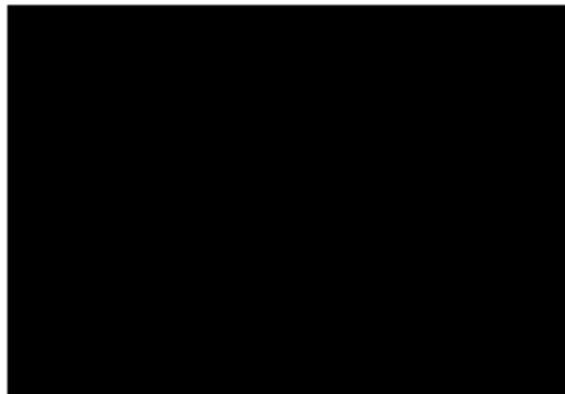


### **The Two Hand Placement Technique**

With the lens on your index finger, use the middle finger of the other hand to pull the upper lid against the brow. Use the middle finger of your placement hand to pull down the lower lid and then place the lens centrally on your eye. While holding this position, look downward to position the lens properly. Slowly release your eyelids.

If the lens feels uncomfortable, then:

Look in a mirror and gently place a finger on the edge of the contact lens and slowly slide the lens away from your nose while looking in the opposite direction. Then by blinking, the lens will recenter itself. If the lens still feels uncomfortable, follow the steps described in the section of this booklet entitled "Adverse Reactions".



#### 4. Centering the Lens:

Very rarely, a lens that is on the cornea will be displaced onto the white part of the eye during lens wear. This can also occur during placement and removal of the lenses if the correct techniques are not performed properly. To center a lens, wash, rinse and dry your hands thoroughly, and follow one of the procedures below.

- Hold the upper and lower eyelids open with your fingers. Then, while looking in a mirror, gently place a finger on the contact lens and gently slide the lens towards the center of the eye.  
Or
- Hold the upper and lower eyelids open with your fingers. Then, while looking in a mirror, move your eye towards the lens to place it on the center of the eye.

#### 5. Removing the Lens:

Always remove the same lens first.

- a. Wash, rinse, and dry your hands thoroughly.
- b. Always be sure that the lens is in the correct position on your eye before you try to remove it (a simple check of your vision, closing one eye at a time, will tell you if the lens is in the correct position).  
Look up and slowly pull down your lower lid with the middle finger of your removal hand and place your index finger on the lower edge of the lens. Slide the lens down to the lower white part of your eye. Squeeze the lens lightly between the thumb and index finger and remove it. Avoid sticking the edges of the lens together.
- c. Remove the other lens by following the same procedure.

**Note:** If this method of removing your lens is difficult for you, your eye care practitioner will provide you with an alternate method.

# Caring for Your Lenses

## (Cleaning, Rinsing, Disinfecting, Enzyming, Storage and Rewetting/Lubricating)

### 1. Basic Instructions:

For continued safe and comfortable wearing of your lenses, it is important that you **first clean and rinse, then disinfect** (and neutralize (for hydrogen peroxide systems)) your lenses after each removal, using the care regimen recommended by your eye care practitioner. **Cleaning and rinsing** are necessary to remove mucus, secretions, films, or deposits which may have accumulated during wearing. The ideal time to clean your lenses is immediately after removing them. **Disinfecting** is necessary to destroy harmful germs.

You should adhere to a recommended care regimen. Failure to follow the regimen may result in development of serious ocular complications as discussed in the WARNINGS section above.

If you require only vision correction, but will not or cannot adhere to a recommended care regimen for your lenses, or are unable to place and remove lenses or have someone available to place and remove them, you should not attempt to get and wear contact lenses.

When you first get your lenses, be sure you have to put the lenses on and remove them while you are in your eye care practitioner's office. At that time you will be provided with a recommended cleaning and disin-

fection regimen and instructions and warnings for lens care, handling, cleaning, and disinfection. Your eye care practitioner should instruct you about appropriate and adequate procedures and products for your use, and provide you with a copy of this Patient Information Booklet for the BAUSCH & LOMB® Optima™ Toric (hefilcon B) Contact Lens.

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

- Always wash, rinse, and dry hands before handling contact lenses.
- Always use **fresh unexpired** lens care solutions.
- Use the recommended system of lens care, either heat (thermal) or chemical (not heat) and carefully follow instructions on solution labeling. Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. **Do not alternate or mix lens care systems unless indicated on solution labeling.**
- Always remove, clean, rinse, enzyme and disinfect your lenses according to the schedule prescribed by your eye care practitioner. The use of an enzyme or any cleaning solution does not substitute for disinfection.

- Do not use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.
- Lenses prescribed in a frequent replacement program should be thrown away after the recommended wearing period prescribed by your eye care practitioner.
- Never rinse your lenses in water from the tap. There are two reasons for this:
  - a. Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.
  - b. You might lose the lens down the drain.

## **Lens Care Products Chart**

The following solutions are recommended by Bausch & Lomb for use with all Bausch & Lomb Contact Lenses; however, eye care practitioners may recommend alternative products and procedures which should be followed by the patient. BAUSCH & LOMB® Care Kits are available for lens disinfection, cleaning, and storage.

## Thermal (Heat) Lens Care System

### **ACTION**

### **CARE PRODUCT**

---

#### **Cleaning**

BAUSCH & LOMB® SENSITIVE EYES® Daily Cleaner

---

#### **Rinsing, Disinfecting & Storing**

Commerically available Heat Disinfecting Unit for Contact Lenses used with:

BAUSCH & LOMB® ReNu® Saline Solution

BAUSCH & LOMB® SENSITIVE EYES® Sterile Saline Spray

BAUSCH & LOMB® SENSITIVE EYES® Saline Solution

BAUSCH & LOMB® SENSITIVE EYES® Plus Saline Solution

---

#### **Enzymatic Protein Removal**

BAUSCH & LOMB® ReNu® Thermal Enzymatic Contact Lens Cleaner

BAUSCH & LOMB® ReNu® Effervescent Enzymatic Contact Lens Cleaner

BAUSCH & LOMB® SENSITIVE EYES® Enzymatic Contact Lens Cleaner

---

## Chemical Lens Care System

<b>ACTION</b>	<b>CARE PRODUCT</b>
<b>Cleaning</b>	BAUSCH & LOMB® ReNu® Multi-Purpose Solution
	BAUSCH & LOMB® SENSITIVE EYES® Daily Cleaner
<b>Disinfecting &amp; Storing</b>	BAUSCH & LOMB® ReNu® Multi-Purpose Solution
<b>Rinsing</b>	BAUSCH & LOMB® ReNu® Multi-Purpose Solution
	BAUSCH & LOMB® SENSITIVE EYES® Saline Solution
	BAUSCH & LOMB® ReNu® Saline Solution
	BAUSCH & LOMB® SENSITIVE EYES® Sterile Saline Spray
	BAUSCH & LOMB® SENSITIVE EYES® Plus Saline Solution
<b>Enzymatic Protein Removal</b>	BAUSCH & LOMB® ReNu® Effervescent Enzymatic Contact Lens Cleaner
	BAUSCH & LOMB® SENSITIVE EYES® Enzymatic Contact Lens Cleaner
	BAUSCH & LOMB® ReNu® 1 Step Enzymatic Contact Lens Cleaner

## All Lens Care Systems

<b>ACTION</b>	<b>CARE PRODUCT</b>
<b>Rewetting</b>	BAUSCH & LOMB® ReNu® Rewetting Drops
	BAUSCH & LOMB® SENSITIVE EYES® Drops

- **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 instructions.
- **Clean** one lens first (always the same lens first to avoid mixups), rinse the lens thoroughly with recommended saline or disinfecting solution to remove the cleaning solution, mucus, and film from the lens surface. Follow the instructions provided in the cleaning solution labeling. Put that lens into the correct chamber of the lens storage case. Then repeat the procedure for the second lens.
- After cleaning and rinsing, **disinfect** lenses using the system recommended by your eye care practitioner and/or the lens manufacturer. Follow the instructions provided in the disinfection solution labeling.
- To store lenses, disinfect and leave them in the closed/unopened case until ready to wear. If lenses are not to be used immediately after disinfection, you should consult the labeling of the storage solution for information on lens storage.
- After removing your lenses from the lens case, empty and rinse the lens storage case with solution(s) recommended by the lens case manufacturer; then allow the lens case to air dry. When the case is used again, refill it with **fresh** storage solution. Replace lens case at regular intervals.
- Your eye care practitioner 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 to make them more comfortable.

## 2. Heat (Thermal) Lens Disinfection:

- **After cleaning** and thoroughly rinsing contact lenses with recommended solutions, prepare the empty lens storage case. **To keep the lenses wet during disinfection**, use the solution that is recommended by the lens manufacturer and/or your eye care practitioner.
- Wet the lens chambers (sections) with fresh saline solution.
- Put each lens into its correct chamber.
- Fill the chamber of the case to the line with fresh saline solution. Completely cover the lenses.
- Tightly close the top on each chamber of the lens storage case.
- Put the lens storage case into the disinfection unit and follow the disinfection unit manufacturer's directions for operating the unit (turning the unit on, assuring that it works, and leaving it on for a sufficient time to disinfect the lenses).
- Before reinsertion of the lenses, no rinsing is necessary unless your eye care practitioner recommends rinsing.

## 3. Emergency (Alternate) Method for Heat (Thermal) Disinfection:

- If a heat disinfection unit is not available, place the tightly closed storage container which contains the lenses into a pan of already boiling water. Leave the closed lens case in the pan of boiling water for at least 10 minutes. (Above an altitude of 7,000 feet, boil for at least 15 minutes.) Be careful not to allow the water in the pan to boil away. Remove the pan

from the heat and allow it to cool for 30 minutes to complete the disinfection of the lens.

**Note: Use of heat disinfection unit should be resumed as soon as possible.**

- Leave the lenses in the unopened storage case until ready to put on your eyes.
- Before reinsertion of the lenses, no rinsing is necessary unless your eye care practitioner recommends rinsing.

#### **4. Chemical (Not Heat) Disinfection:**

- Clean the contact lenses with a recommended cleaning solution and thoroughly rinse them with a recommended rinsing solution.
- **After cleaning and rinsing**, to disinfect, carefully follow the instructions accompanying the disinfecting solution in the care regimen recommended by the lens manufacturer or your eye care practitioner.
- When using hydrogen peroxide lens care systems, lenses **must be neutralized** before wearing. Follow the recommendations on the hydrogen peroxide system labeling.
- Thoroughly rinse lenses with a fresh solution recommended for rinsing before inserting and wearing, or follow the instructions on the disinfection solution labeling.
- **Do not heat the disinfection solution and lenses.**
- Leave the lenses in the unopened storage case until ready to put on your eyes.
- **Caution:** Lenses that are chemically disinfected may absorb ingredients from the disinfecting solution

which may be irritating to your eyes. A thorough rinse in fresh sterile saline solution prior to placement on your eye should reduce the potential for irritation.

#### **5. Lens Deposits and Use of Enzymatic Cleaning Procedure:**

Enzyme cleaning may be recommended by your eye care practitioner. Enzyme cleaning removes protein deposits on the lens. These deposits cannot be removed with regular cleaners. Removing protein deposits is important for the well-being of your lenses and eyes. If these deposits are not removed, they can damage the lenses and cause irritation.

Enzyme cleaning does NOT replace routine cleaning and disinfecting. For enzyme cleaning, you should carefully follow the instructions in the enzymatic cleaning labeling.

#### **6. Lens Case Cleaning and Maintenance:**

Contact lens cases can be a source of bacteria growth. Lens cases should be emptied, cleaned, rinsed with solutions recommended by the lens case manufacturer, and allowed to air dry. Lens cases should be replaced at regular intervals.

#### **7. Care for a Sticking (Nonmoving) Lens:**

It is important to the health of your eyes that your contact lenses move freely. If a lens sticks (stops moving), put a few drops of the lubricating or rewetting solution recommended by your eye care practitioner into your eye. In this case, do not use plain water or anything other than the recommended solutions. Do

not attempt to remove a lens that is sticking, which could damage your eye. If the lens does not begin to move when you blink after several applications of the solution or drops, contact your eye care practitioner immediately.

### **8. Care for a Dehydrated Lens:**

If a soft, hydrophilic contact lens is exposed to air while off the eye, it may become dry and brittle and need to be rehydrated. If the lens is adhering to a surface, apply sterile saline before handling.

To rehydrate the lens:

- Handle the lens carefully.
- Place the lens in its storage case and soak the lens in a recommended rinsing and storing solution for at least 1 hour until it returns to a soft state.
- Clean lens first, then disinfect the rehydrated lens using a recommended lens care system.

- If after soaking, the lens does not become soft, if the surface remains dry, DO NOT USE THE LENS UNLESS IT HAS BEEN EXAMINED BY YOUR EYE CARE PRACTITIONER.

### **9. Emergencies:**

If chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes, you should: FLUSH EYES IMMEDIATELY WITH TAP WATER AND THEN REMOVE LENSES PROMPTLY. CONTACT YOUR EYE CARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.

# Instructions for the Monovision Wearer

- You should be aware that as with any type of lens correction, there are advantages and compromises to monovision contact lens therapy. The benefit of clear near vision in straight ahead and upward gaze that is available with monovision may be accompanied by a vision compromise that may reduce your visual acuity and depth perception for distance and near tasks. Some patients have experienced difficulty adapting to it. Symptoms, such as mild blurred vision, dizziness, headaches and a feeling of slight imbalance, may last for a brief minute or for several weeks as adaptation takes place. The longer these symptoms persist, the poorer your prognosis for successful adaptation. You should avoid visually demanding situations during the initial adaptation period. It is recommended that you first wear these contact lenses in familiar situations, which are not visually demanding. For example, it might be better to be a passenger rather than a driver of an automobile during the first few days of lens wear. It is recommended that you only drive with monovision correction if you pass your state drivers license requirements with monovision correction.
- Some monovision patients will never be fully comfortable functioning under low levels of illumina-

tion, such as driving at night. If this happens, you may want to discuss with your eye care practitioner having additional contact lenses prescribed so that both eyes are corrected for distance when sharp distance binocular vision is required.

If you require very sharp near vision during prolonged close work, you may want to have additional contact lenses prescribed so that both eyes are corrected for near when sharp near binocular vision is required.

- Some monovision patients require supplemental spectacles to wear over the monovision correction to provide the clearest vision for critical tasks. You should discuss this with your eye care practitioner.
- It is important that you follow your eye care practitioner's suggestions for adaptation to monovision contact lens therapy. You should discuss any concerns that you may have during and after the adaptation period.
- ***The decision to be fit with a monovision correction is most appropriately left to the eye care practitioner in conjunction with you, after carefully considering and discussing your needs.***

## Wearing and Appointment Schedules

### Prescribed Wearing Schedule

Day	Wearing Time (Hours)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

### Appointment Schedule

Your appointments are on:

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

---

Date                      Time

### Personal Wearing Schedule Record

Your eye care practitioner will prescribe your own individual lens wearing schedule and lens replacement schedule if in a frequent replacement program. Use the space below to record your schedule and wearing record.

<b>DAY</b>	<b>DATE</b>	<b>HOURS TO BE WORN</b>	<b>HOURS WORN</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

<b>DAY</b>	<b>DATE</b>	<b>HOURS TO BE WORN</b>	<b>HOURS WORN</b>
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			

## Check-Up Visits

Regular check-up examinations by your eye care practitioner are an important part of wearing contact lenses. It is recommended that you see your eye care practitioner twice each year or if directed, more frequently. Keep all appointments for your check-up visits. If you move to a new city, ask your present eye care practitioner to refer you to a contact lens practitioner in your new location. Use the space below to record your appointments.

## Visit Schedule

1.	_____	_____
	Date	Time
2.	_____	_____
	Date	Time
3.	_____	_____
	Date	Time
4.	_____	_____
	Date	Time
5.	_____	_____
	Date	Time

6. \_\_\_\_\_  
Date Time

7. \_\_\_\_\_  
Date Time

8. \_\_\_\_\_  
Date Time

9. \_\_\_\_\_  
Date Time

10. \_\_\_\_\_  
Date Time

**Patient/Eye Care Practitioner Information:**  
**Eye Care Practitioner Information**

(Please fill out for ready use)

Name: \_\_\_\_\_

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

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

Other Information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Important:** In the event that you experience any difficulty wearing your lenses or you do not understand the instructions given you, DO NOT WAIT for your next appointment. TELEPHONE YOUR EYE CARE PRACTITIONER IMMEDIATELY.

**Name and Address of Manufacturer:**

**Bausch & Lomb Incorporated**

Rochester, New York 14692

**WARNING:**

Manufactured with CFC-113, a substance which harms public health and environment by destroying ozone in the upper atmosphere.

---

---

---

---

---

---

---

---

---

---

© Bausch & Lomb Incorporated. All rights reserved worldwide.  
BAUSCH & LOMB, OPTIMA, SENSITIVE EYES, and ReNu  
are trademarks of Bausch & Lomb Incorporated.

DPB0009-0198

PRINTED IN U.S.A. SL-3835-4

