

**BAUSCH
& LOMB**

SILSOFT®

(elastofilcon A) Contact Lenses for Aphakic Daily and Extended Wear

PATIENT INFORMATION BOOKLET

IMPORTANT: This Patient Information Booklet contains important information and instructions about the product described above. Please read carefully and keep this information for future use. This booklet is effective as of November, 1997 and supersedes all prior booklets for the products referred to above. At check-up visits, ask your eye care practitioner if any of the information in this booklet has been changed or updated.

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Introduction

The instructions in this booklet apply to BAUSCH & LOMB® SILSOFT® (elastofilcon A) Contact Lenses for aphakic daily wear and aphakic extended wear. If you have received or are considering another brand of contact lenses, or a different type of Bausch & Lomb 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® SILSOFT® (elastofilcon A) 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 your 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 continue wearing contact lenses for daily wear or extended wear, you must discuss with your eye care practitioner the effects of contact lenses on your eyes and the risks associated with wearing contact lenses,

which are greater with extended wear. You also must read the sections of this booklet entitled "Warnings and Adverse Effects" and "Precautions and Wearing Restrictions." 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 silicone contact lenses, including those covered by this booklet, are made of a rubber like material. Although this silicone material does not absorb significant amounts of water, the surface is specially treated to make it wettable. Some people collect deposits on lenses from their natural eye fluids. Therefore, you must strictly follow the instructions contained in the sections of this booklet entitled "Lens Care" and "Lens Handling," 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 regular check-up visits to your eye care practitioner, also are 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. A comfort adaptation period is associated with the BAUSCH & LOMB® SILSOFT® (elastofilcon A) Contact Lenses which your eye care practitioner will discuss with you. The comfort improves substantially during the adaptation period. Be sure to follow the wearing schedule prescribed for you, and do not overwear your lenses simply because they remain comfortable. Also be sure to return as scheduled for all follow-up visits, and do not skip a visit because your lenses feel 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 section of this booklet entitled "Warnings and Adverse Effects." Prompt attention to problems is essential and may require immediate professional care.

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

Warnings and Adverse Effects

WARNINGS: Prior to purchasing contact lenses, you should discuss fully with your practitioner the effects of contact lenses on your eyes, and all risks associated with contact lens wear, in addition to receiving a thorough eye examination.

While the great majority of people successfully wear contact lenses without problems, a small percentage of wearers have experienced adverse effects with contact lens wear and usage of lens care solutions, resulting in serious eye problems such as infections, ulcers, and other damage to the cornea (the front layer of the eye). In some cases, these problems can lead to serious eye injury and loss of vision, particularly if prompt and effective medical treatment is not obtained. Additionally, smoking increases the risk of ulcerative keratitis for contact lens users.

Extended wear lenses should be regularly removed for cleaning and disinfection or for disposal and replacement on the schedule prescribed by your eye care practitioner. The risk of ulcerative keratitis has been shown to be greater among users of extended wear lenses than among users of daily wear lenses. The risk among extended wear lens users increases with

the number of consecutive days that lenses are worn between removals, beginning with the first overnight use. As a result, eye care practitioners have differing views concerning the maximum wearing time of lenses. Some eye care practitioners do not prescribe extended wear at all, while others prescribe flexible wearing times of occasional overnight wear and still others prescribe wearing times from 1 to 7 days for cosmetic extended wear and from 1 to 30 days for aphakic extended wear for certain patients. Many practitioners are prescribing a specified interval of no lens wear for overnight or longer between wearing periods, in order to allow the eyes to “rest” and receive more oxygen. Some practitioners also recommend regular replacement of lenses at intervals as frequent as every one to two weeks. Other practitioners may prescribe disposable contact lens wear, where lenses are disposed of at each removal. Your practitioner will determine the appropriate lens wearing time, care and cleaning regimen, follow-up visit and replacement schedules for you. Therefore, be sure to discuss these important topics with your practitioner at your initial visit and at each follow-up visit.

To minimize the risks of contact lens wear, it is essential that you follow your eye care practitioner's directions and all instructions in this booklet for proper care and handling of your lenses, use of solutions and other lens care products, wearing restrictions and schedule, lens replacement, and check-up visits.

If a problem should occur, you may require immediate medical attention, because some eye problems, such as infections and corneal ulcers, can develop rapidly and unexpectedly lead to loss of vision. Prompt professional attention to these problems is essential. If you have any pain, eye discomfort, tearing, sensitivity to light, vision changes, redness of the eye, or any other symptom or unusual feeling in your eye, follow the steps in the "Adverse Effects" section.

Adverse Effects (Problems and what to do):

The following problems may occur:

- eye discomfort
- eye pain
- eyes sting, burn, or itch (irritation)
- comfort is less than when lens was first placed on eye
- feeling of something in the eye (foreign body, scratched area)
- watering (tearing) of the eyes
- eye secretions or discharge of matter
- redness of the eyes
- reduced sharpness or decrease in vision

- blurred vision, rainbows, or halos around objects
- sensitivity to light
- feeling of dryness

If any of the above symptoms occur:

- 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 foreign body on it, or the problem stops and lens appears undamaged, thoroughly clean, rinse and disinfect the lenses; then reinsert them.
- If the above symptoms continue after removal of the lens or upon reinsertion of the lens, your lenses should be removed immediately and you should immediately contact your eye care practitioner or a physician, who must determine the need for examination, treatment or referral without delay.

Problems with contact lenses may lead to a medical emergency, because a serious condition such as infection, corneal ulcer, neovascularization (small blood vessels growing into the cornea), or iritis (inflammation in the eye) may be present, and may progress rapidly and lead to loss of vision unless treated promptly. When you go for treatment, bring your lenses, lens case and care products. The doctor may want to examine, test, or analyze the items to help in your treatment. If

your eye care practitioner or physician is not available, go to the nearest emergency room.

Chemicals in Eyes:

If chemicals of any kind (household products, gardening solutions, or laboratory chemicals) are splashed onto the eyes, do the following:

- Immediately remove your lenses and flush your eyes with water.
- If unable to remove lenses, immediately flush your eyes with water.
- Seek immediate medical eye care treatment.

Precautions and Wearing Restrictions

The safe wear of contact lenses requires you to observe certain precautions and wearing restrictions designed to reduce the possibility of problems and eye injuries. The precautions and wearing restrictions in this section are those recommended by Bausch & Lomb. Your eye care practitioner may prescribe additional precautions and restrictions for you to follow, and you should ask your eye care practitioner to explain anything that you do not understand.

A. At Your Initial Visit To Your Eye Care Practitioner:

- Be sure that you read and understand the full contents of this booklet and discuss it with your eye care practitioner.
- Give your eye care practitioner a complete history of your eye health, including any eye injuries, diseases, conditions, or other problems you have had with your eyes, even if they seem unimportant to you.
- Also tell your eye care practitioner about your general health: any medicines you are taking; current treatment by a physician; any disease you had or now have; and any prior surgery.
- Before leaving your eye care practitioner's

office, make sure that you are able to place and promptly remove your lenses.

B. Lens Handling:

- Do not touch your eyes or contact lenses, or begin your cleaning and disinfecting routine, until after you have washed and rinsed your hands thoroughly. Failure to wash your hands before handling may result in eye infections.
- Do not allow any cosmetics, lotion, soaps, creams, or deodorants to come into contact with the lenses, which also can cause eye infections or irritations.
- Do not touch the lenses with your fingernail, which can contaminate or damage the lens. If a lens becomes nicked or torn, do not wear it, because damaged lenses can cause injury.
- Before placing lenses on your eyes, examine the lenses to assure that they are moist, clean, clear, and free of any nicks or tears.
- When the lenses are out of the eyes, they should be stored in the contact lens case, which must be filled with a recommended storage solution. (Prolonged periods of drying will reduce the ability of the lens surface to return to a wettable state. Follow the lens care directions if your lens surface becomes dry.)

- Do not place a dry lens on your eye.
- Do not use saliva, tap water, distilled water, or anything other than a recommended sterile solution labeled for the care of your soft lenses.
- Do not use tweezers or other tools to remove your lens from the lens case. Pour the lens into your hand.
- Contact lenses occasionally fold on the eye and do not remain on the cornea (front portion). This is no cause for alarm. Although the contact lens can never be lost behind the eye, it may become lodged under the eyelids without irritation (usually the upper lid). In this case, the lens should be located and removed by yourself, or if you cannot find it, by your eye care practitioner. Once removed, place it in the contact lens carrying case and soak in solution for a few minutes. Then the lens can be unfolded in the palm of the hand by gently rubbing with a back and forth motion. Before replacing the lens on your eye, clean and disinfect as directed.
- 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.

• If you are on a daily wear schedule, do not sleep with the lenses on. If you forget, however, check to see, immediately upon awakening, if the lenses will move on the eyes. If they do not move readily, do not attempt to remove them. Place several drops of either lubricating or rewetting solution in the eyes and try moving them again. If, after several applications of solution the lenses still do not move, contact your eye care practitioner immediately.

C. Wearing Restrictions:

- 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.

- Do not wear your lenses while in a hot tub or steam room or while swimming.
- If your eye care practitioner has prescribed your contact lenses only for daily wear, do not sleep with the lenses in your eyes because the risk of serious adverse reactions is significantly increased when daily wear lenses are worn overnight.
- 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 employer that you wear contact lenses. Some jobs may require use of eye protection equipment, or that you not wear contact lenses.
- 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.
- When you wear BAUSCH & LOMB® SILSOFT® (elastofilcon A) Contact Lenses, if you require topical medication to the eye, the lenses should be removed and cleaned and disinfected prior to being reinserted after medication. No medication

or solution except those prescribed by your eye physician should be used.

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

D. On Check-Up Visits to Your Eye Care Practitioner:

- When you return for check-up visits, be sure to tell your eye care practitioner if your eyes have felt dry, irritated, or anything other than completely comfortable while wearing your contact lenses.
- If there is any question in your mind about your wearing schedule and restrictions, cleaning and disinfection procedures, lens handling procedures, lens replacement program, the condition of your lenses, your follow-up visit schedule, or anything else about contact lens wear, be sure to discuss the subject with your eye care practitioner who is there to help you use your contact lenses safely and properly.
- If your eye care practitioner puts dye or drops in your eye during the examination, ask when you may reinsert the lenses. The use of most dyes or drops will require a short waiting period before the lenses may be reinserted.

Lens Care

The products and procedures in this booklet are recommended by Bausch & Lomb for the care of BAUSCH & LOMB® SILSOFT® (elastofilcon A) Contact Lenses. Each Bausch & Lomb lens solution and other care products referred to in this booklet has an individually packaged insert or brochure containing instructions and warnings for its use, which must be read and followed. Your eye care practitioner may recommend alternative products and procedures for lens care which should be followed. If other products and procedures are recommended, ask your eye care practitioner for specific information on those products.

Your contact lenses must be BOTH cleaned and disinfected before reinsertion every time you remove the lenses for any reason, whether a regularly scheduled removal or not. If your lenses are to be cleaned by your eye care practitioner, adhere to the instructions he gives you. Failure to follow the procedures described below or those instructions provided by your eye care practitioner for cleaning and disinfection upon each removal may result in development of serious eye problems and loss of vision as discussed in the WARNINGS. Both cleaning and disinfecting are necessary. Cleaning is necessary to remove mucus and film from the lens surface. Disinfection

is necessary to kill harmful germs that can lead to serious eye infections.

A. Basic Precautions for Cleaning and Disinfecting:

- Wash and rinse your hands before handling your contact lenses.
- Do not use hard contact lens solutions not indicated for use with BAUSCH & LOMB® SILSOFT® (elastofilcon A) Contact Lenses in any care system for BAUSCH & LOMB® SILSOFT® (elastofilcon A) Contact Lenses. Serious injury to the eye can result from wearing a BAUSCH & LOMB® SILSOFT® (elastofilcon A) Contact Lens that has been soaked in a hard contact lens solution.
- Bausch & Lomb recommends that you use the lens care system recommended by your eye care practitioner, either heat (thermal) or chemical (not heat). Unless specifically indicated in the labeling, do not alternate, mix, or change lens care systems for the same pair of lenses. Changing or mixing the two systems can damage the lenses and injure your eyes.
- Bausch & Lomb recommends that you use the solutions and other care products listed in this booklet, or specifically recommended by your eye care practitioner.

Proper care of your lenses requires both cleaning and disinfecting. Both are necessary each time you remove your lenses. Cleaning (see part B) always comes first. Disinfecting (see part C) always comes last, because disinfecting kills the germs that can cause eye infections. After disinfecting and immediately before placing the lenses in your eyes, again thoroughly wash and rinse your hands to minimize possible contamination.

B. Cleaning Your Lenses:

The first step in lens care is cleaning. The lenses should be cleaned one at a time, always the same lens first to avoid mix-ups.

There are two kinds of cleaning: basic cleaning, which is always required to remove mucus, film, and particles from the lens surface; and enzymatic cleaning, which your eye care practitioner may prescribe in addition to basic cleaning, to remove the protein deposits on lenses that some wearers experience.

Basic Cleaning:

1. Each time you remove your lens from your eye, clean both surfaces of the lens by placing the lens in the palm of one hand and massaging it with 3 drops of a recommended cleaner with the index finger of the opposite hand. Moderately firm rubbing will not damage your lenses. Though they are soft and pliable, they are still quite durable.
2. After rubbing thoroughly, rinse both sides of the lens over a stopped sink for at least 20 seconds

with a steady stream of the recommended rinsing solution.

3. Avoid cleaning products containing: Sorbic Acid, Potassium Sorbate, Hydrogen Peroxide, Polyquad. These preservatives may cause damage to the unique surface of the Silsoft lens and create clouding.

Enzymatic Cleaning to Remove Protein Deposits:

Application of a recommended cleaner, upon each removal will help to keep lenses clean, clear and comfortable. However, your practitioner may also recommend an enzymatic contact lens cleaner to remove protein deposits. Protein deposits are one of the many substances in your tear fluid which, if allowed to accumulate on your lenses, could cause the lenses to become opaque or damaged and in need of replacement. Therefore, be sure to use an enzymatic contact lens cleaner as directed by your eye care practitioner. Refer to the product package insert contained in the enzymatic contact lens cleaner box for instructions on use.

Remember that the use of an enzymatic contact lens cleaner is just an additional kind of cleaning; it does not substitute for disinfection.

C. Disinfecting Your Lenses:

The second essential part of lens care is disinfection, which is always required in addition to cleaning, every time your lenses are removed. There are two different systems for disinfecting:

either (1) the heat disinfection system; or (2) the chemical disinfection system.

Your eye care practitioner will explain the systems and choose the one that is best for you.

1. 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 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 of 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.

Emergency (Alternate) Method for Heat (Thermal) Disinfection:

If your 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 lenses. Use of heat disinfection unit should be resumed as soon as possible.

2. The Chemical System of Storage and Disinfection:

1. Clean lenses as described in Section B, page 12.
2. Rinse each lens thoroughly with a steady stream of the recommended rinsing solution to remove deposits and traces of cleaner. Rub the lens in your palm with the index finger of your other hand during the rinsing procedure.
3. To disinfect, carefully follow the instructions accompanying the disinfecting solution. Use ReNu Multi-Purpose Solution or products containing Thimerosal and Chlorhexidine as preservatives. If sensitivity issues arise, discontinue Chemical System and initiate heat disinfection method.

4. Thoroughly rinse lenses with a fresh solution recommended for rinsing before inserting and wearing.

The Lens Carrying Case should always be tightly closed to prevent contamination or evaporation while the lenses are stored in it. Leave your lenses in the lens carrying case for the recommended amount of time needed to accomplish disinfection. Before wearing your lenses, remove them from the case and rinse thoroughly with a recommended rinsing solution. Discard the disinfecting solution that remains in the Lens Carrying Case. Rinse the case with fresh rinsing solution and then dry it.

Summary of the Bausch & Lomb Chemical Method:

Clean with a recommended cleaner. To remove deposits weekly or as needed, use an Enzymatic Cleaning Tablet.

Rinse, disinfect, and store with the appropriate recommended solution.

Lubricate with a non-preserved rewetting drop. (See Lubricating/Rewetting Your Lenses.)

D. Lubricating/Rewetting Your Lenses:

Lens wearers on an extended wear schedule may upon awakening experience eye secretions or hazy vision. These conditions can usually be remedied by using a non-preserved rewetting drop.

You can apply the above solutions while the lenses are on the eye.

Just place one drop of either solution on each lens and blink 2 to 3 times. Use 3 - 4 times daily or as needed.

CAUTION: Anything other than a very slight symptom that goes away within a few minutes may indicate a problem, and the need for immediate medical attention as stated in the WARNINGS. Be sure to follow the steps provided in the section entitled "Adverse Effects."

Lens Handling

A. General Tips:

- Hands must be washed, rinsed thoroughly and dried with a lint-free towel before handling the lenses.
- Cosmetics, lotions, soaps, and creams must not come in contact with the lenses since eye irritation or infection may result. Do not use aerosol or pump products such as hair spray while the lenses are being worn since liquids and vapors may damage the lens.
- Always handle the same lens, the right or the left, first, in order to avoid mix-ups.

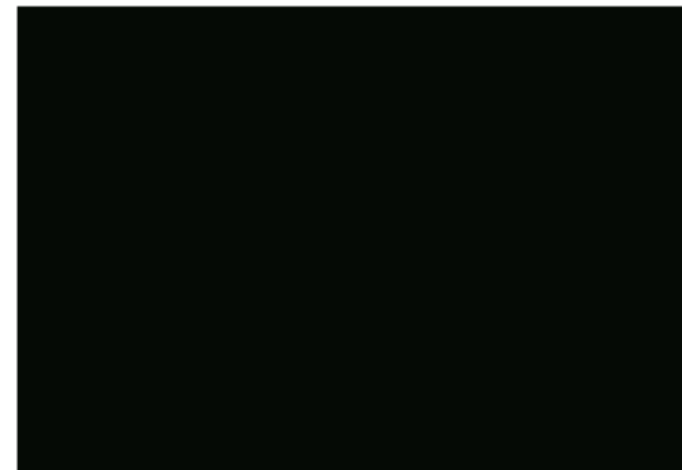
After you remove the lens from the case:

1. Examine it to be sure that it is moist, clean, clear, and free of any nicks or tears.
2. Make sure the lens is not turned inside out. Simply inspect the lens to see if the edges turn out. If they do, the lens is inside out.

Should you accidentally place an inside-out lens on your eye, one of the following signs should signal you to remove it and replace it correctly:

- Less than usual comfort
- The lens may fold on the eye
- Excessive lens movement on blink
- Blurred vision

If the lens folds and sticks together: Place the lens in the palm of your hand and wet thoroughly with a sterile non-preserved saline solution



if you are using heat disinfection. Or for chemical disinfection use ReNu Multi-Purpose Solution, a Thimerosal or Chlorhexidine based chemical disinfectant. 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) in either a non-preserved saline solution if using heat disinfection, or Thimerosal or Chlorhexidine based chemical disinfectant if using chemical disinfection.

B. Care For A Dried Out Lens:

If your contact lens is off your eye and exposed to air, it will become dry and brittle. If the lens is adhering to a surface, such as a counter top, apply saline before handling.

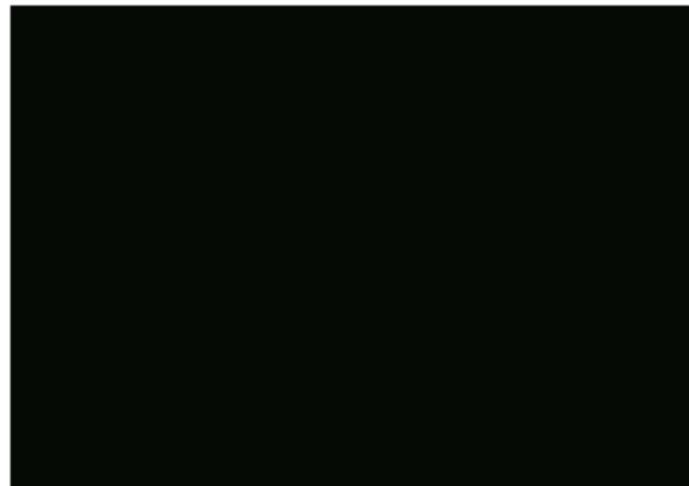
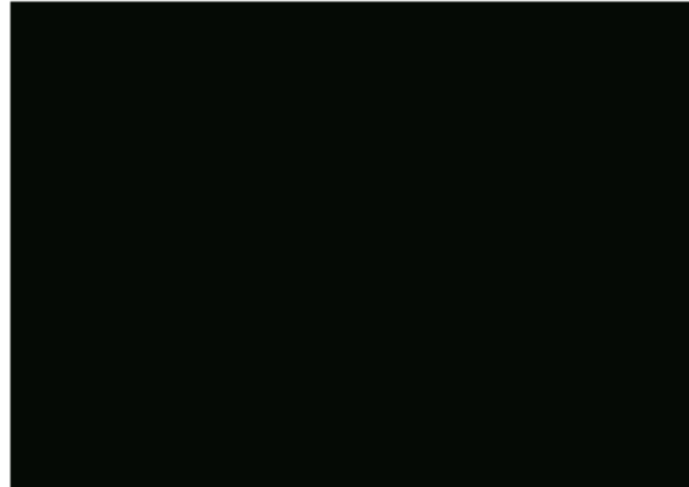
For extended wear patients: sometimes your lens may become dry by being dislodged during sleep. In either case, follow these instructions to rewet your lens:

- Handle the lens carefully.
- Place the lens in its storage case and soak the lens in a recommended rinsing and storage solution for at least eight hours.
- Clean and disinfect the rewetted (rehydrated) lens using the lens care system recommended by your eye practitioner.
- If after soaking, the surface remains dry and the lens does not become wettable, do not use the lens and contact your eye care practitioner.

C. Lens Placement:

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.

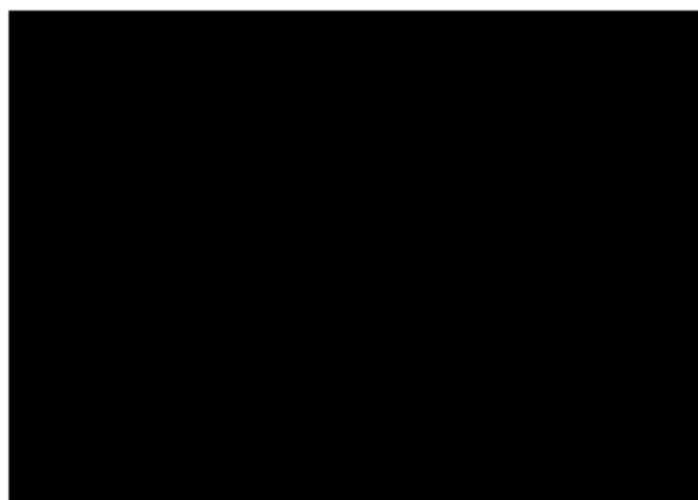
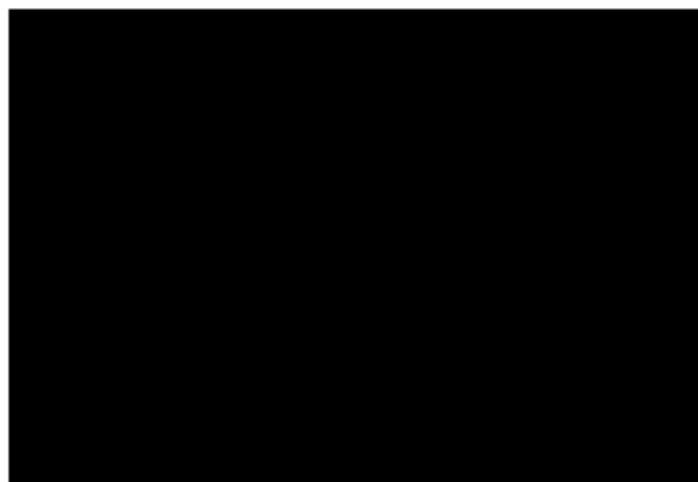


The Two Hand Placement Technique:

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, remove the lens and consult your eye care practitioner.

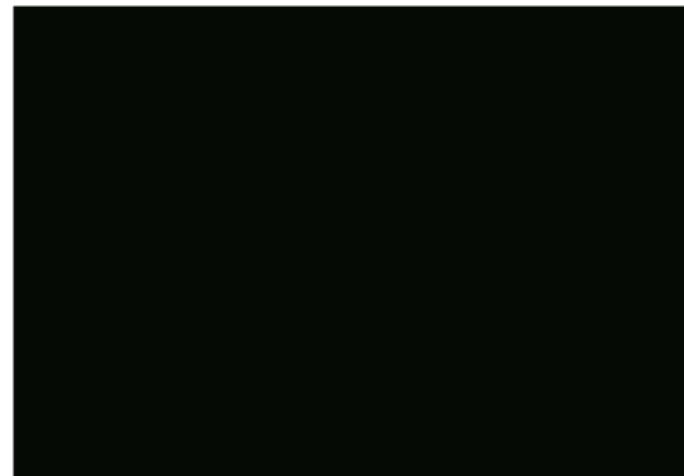
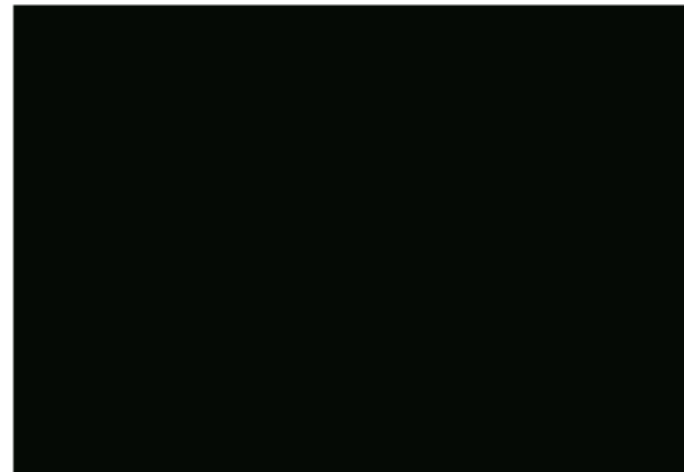


D. Lens Removal:

Removing Your Lenses:

Always be sure that the lens is in the correct position on your eye before you try to remove it (a sample 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. Avoid sticking the edges of the lens together.



E. Personal Wearing Schedule Record:

Your eye care practitioner will prescribe your own individual lens wearing schedule. Use this space to record your schedule and wearing record.

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

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

F. 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

IMPORTANT: In the event that you experience any difficulty with these contact lenses or do not understand the instructions given to you, DO NOT WAIT for your next appointment. TELEPHONE YOUR EYE CARE PRACTITIONER IMMEDIATELY for personalized instructions.

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