

## Soft Contact lenses

For the correction of ametropia **OR** the control of myopia.

The lenses are steam sterilised. **STERILE** ↓

Lenses are packaged in strips of individual blisters or in individual vials. Use only if printed foil packs on blisters or crimped foil seals on vials are intact.

### RECOMMENDED WEAR AND REPLACEMENT

The wearing schedule will be determined by your eye care professional. **DO NOT** wear lenses while sleeping unless prescribed to do so. If wearing lenses on an extended or continuous wear basis, remove and dispose of your lenses the evening before you are due to replace them, inserting new lenses the following day. If for any reason you have to remove and reinsert your lenses before the scheduled replacement date, follow the lens care recommendations of your eye care professional before reinsertion.

If your lenses are intended for daily disposable wear, **DO NOT** wear them more than once. Daily disposable lenses are not designed to be cleaned or disinfected and worn more than once. Daily disposable lenses worn more than once may become damaged and could put you at greater risk of contact lens care and handling related eye infections or other problems.

### HANDLING YOUR LENSES

- Always wash and dry your hands before handling your lenses.
- Be careful while using soaps, lotions, creams, cosmetics or deodorants as they can cause irritation if they come into contact with your lenses.
- Gently shake the lens package before opening and carefully decant the lens into the palm of your hand.
- Take care not to pinch the lenses whilst handling. Always use your fingertips.
- Always begin with your right lens first to avoid confusion.
- Remove the right lens from its storage case and examine it to be sure that it is moist, clean, clear, and free of any tears. If the lens appears damaged, do not use. Place the lens in the storage case and contact your eye care professional. Use a new lens.
- Ensure the lens is not inside out. The lens should assume a natural, curved, bowl-like shape. If the lens edges point outward, the lens is inside out (Fig. 1 and 2).

### Lens insertion

Before insertion ensure the lens is not inside out. Place the lens on your index finger to verify the shape (Fig. 1 and 2). Using the middle finger hold your lower lid down. With the index finger of the other hand, raise the upper lid. Place the lens onto the eye (Fig. 3). Gently release the lids and blink. The lens will centre automatically. Repeat for the other eye.

### Centring the Lens

If it is necessary to centre the lens, follow either of these procedures: Close your eyelids **OR** gently manipulate the off-centred lens onto the cornea while the eye is open, using finger pressure on the edge of the upper lid or lower lid.

### Lens removal

**CAUTION:** Always be sure the lens is on the cornea before attempting to remove it.

Separate the lids with the middle finger of each hand. Look up and with the index finger of the lower hand slide the lens down onto the white of the eye. Pinch the lens and lift out with the thumb and index finger (Fig. 4). Repeat for the other eye.

### CARING FOR YOUR LENSES

Your eye care professional will recommend the appropriate lens care system for you and your lenses. Always use the eye care system recommended by your eye care professional. Always follow the instructions supplied with the product carefully. This will encourage the destruction of harmful microorganisms and reduce the risk of infection.

### If the lenses dry out

Re-hydrate the lenses using your lens care solution.

### WARNINGS

- **DO NOT** sleep in your lenses unless your eye care professional has advised it is safe to do so.
- **DO NOT** wear your lenses beyond the period recommended by your eye care professional.
- **DO NOT** use household products (e.g. disinfectants) on your lenses.
- **DO NOT** wear your lenses when using eye drops (unless advised to do so by an eye care professional).
- **DO NOT** use saliva to wet your lenses.
- **DO NOT** rinse your lenses or lens case with tap water.
- **DO NOT** share your lenses with others.
- **DO NOT** use if the sterile **blister package or vial is opened or damaged**.
- **DO NOT** use expired lenses and/or solution.

### CONTRAINDICATIONS (REASONS NOT TO USE)

**DO NOT** use your contact lenses if any of the following conditions exist:

- Allergy, inflammation, infection or irritation in or around the eye or eyelids.
- Periods of poor health.
- The use of some medications (consult with your eye care professional).
- Severe dry eye.

### POSSIBLE PROBLEMS

Be aware that the following problems may occur when wearing contact lenses:

- Burning, stinging, watering eyes.
- Feeling that something is in the eye such as a foreign body.
- Redness of your eye.
- Reduced sharpness of vision (poor visual acuity).
- Blurred vision, rainbows, or halos around objects, sensitivity to light (photophobia) or dry eyes may also occur if your lenses are worn continuously or for too long.

If you notice any of the above, you should:

- Immediately remove the lenses.
- If the discomfort or the problem stops, examine the lens closely.
  - If the lens is damaged, **DO NOT** put the lens back on the eye. Place the lens in the storage case and contact your eye care professional.
  - 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 both lenses; then reinsert them.

After reinsertion, if the problem continues, you should immediately remove the lenses and consult your eye care professional. Prompt treatment can avoid serious eye damage.

The risk of ulcerative keratitis is greater amongst contact lens wearers and smokers. Poor compliance increases the risk of ulcerative keratitis.

### PRECAUTIONS

#### Handling Precautions:

- Always insert lenses **before** putting on makeup and remove lenses **before** removing makeup.
- Lens damage may occur if you handle your lens with dirty hands.
- Carefully follow the handling, insertion, removal, cleaning, and wearing instruction prescribed by your eye care practitioner.
- Always handle lenses gently and avoid dropping them.
- Never use tweezers or other tools to remove lenses from the lens container or your eyes.
- Avoid all harmful or irritating vapours and fumes while wearing lenses.
- Ask your eye care professional about wearing the lenses during sporting activities.
- Contact lenses should not be worn during exposure to water including tap water. This includes swimming or participating in water sports, showering etc. Consult your eye care practitioner for advice on the use of contact lenses for water sports.
- Keep your lenses out of the sight and reach of children.
- Avoid long nails which can harbour harmful bacteria.
- Always wear sunglasses when exposed to UV rays.

Manufacturer: **CooperVision,  
Hamble, SO31 4RF,  
UK**



Fig. 1



Fig. 2



Fig. 3



Fig. 4

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