

INSTRUCTIONS FOR WEARERS

Preference[®]
(tetrafilcon A)

Tinted Hydrophilic Contact Lenses
DAILY AND EXTENDED WEAR INSTRUCTIONS



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Table of Contents

PART 1: Instructions for Wearers - Daily Wear Instructions.....	4
INTRODUCTION.....	4
WARNINGS.....	4
BEFORE HANDLING YOUR LENSES	4
INSERTING YOUR LENSES.....	5
CENTERING THE LENS	5
PREPARING TO REMOVE THE LENSES.....	5
CARING FOR YOUR LENSES	6
CLEANING YOUR LENSES.....	7
DISINFECTION AND STORAGE OF YOUR LENSES.....	7
CHEMICAL LENS DISINFECTION (Including Hydrogen Peroxide).....	9
THERMAL (HEAT) LENS DISINFECTION.....	9
CHEMICAL (NOT HEAT) LENS DISINFECTION.....	10
INSTRUCTIONS FOR THE MONOVISION WEARER.....	10
HELPFUL HINTS	11
IMPORTANT ADDITIONAL INFORMATION	12
PACKAGE INSERT.....	12
PART 2: Instructions for Wearers - Extended Wear Instructions.....	13
Introduction	13
Warnings	13
ADVERSE EFFECTS.....	14
Other Lens Wear Instructions.....	15
Before Handling Your Lenses	15
Putting On Your Lenses.....	16
Before inserting your lenses:	16
Inserting your lenses:.....	17
Removing Your Lenses:	18
Lens Care.....	18
RECOMMENDED LENS CARE PRODUCTS	21
To Clean Your Lenses	22

To Disinfect Your Lenses	22
CHEMICAL (NOT HEAT) LENS DISINFECTION.....	22
THERMAL (HEAT) LENS DISINFECTION	23
CHEMICAL (NOT HEAT) LENS DISINFECTION.....	23
Instructions for the Monovision Wearer	24
WEARING SCHEDULE	25
Check-Up Visits	25
Package Insert.....	26

PART 1: Instructions for Wearers - Daily Wear Instructions

INTRODUCTION

Your eye care practitioner will review with you the instructions for proper hygiene, handling, cleaning, care, disinfecting and storage of your Preference® Hydrophilic Contact Lenses, and will make sure that you learn to insert and remove your lenses properly. To obtain maximum performance and satisfaction from your new lenses, do not modify the procedures, methods, and wearing schedule prescribed by your eye care practitioner. If you are in doubt about any of the instructions, request clarification.

WARNINGS

PROBLEMS WITH CONTACT LENSES AND LENS CARE PRODUCTS COULD RESULT IN SERIOUS INJURY TO THE EYE. It is essential that you follow your eye care practitioner's directions and all labeling instructions for proper use of your lenses and lens care products. **EYE PROBLEMS, INCLUDING CORNEAL ULCERS, CAN DEVELOP RAPIDLY AND LEAD TO LOSS OF VISION; THEREFORE, IF YOU EXPERIENCE EYE DISCOMFORT, EXCESSIVE TEARING, VISION CHANGES, REDNESS OF THE EYE, IMMEDIATELY REMOVE YOUR LENSES AND PROMPTLY CONTACT YOUR EYE CARE PRACTITIONER.**

All contact lens wearers must see their eye care practitioner as directed.

Please refer to the Precaution and Adverse Effects section of the Package Insert for additional information.

BEFORE HANDLING YOUR LENSES

In order to assure continued comfort, proper daily care of your lenses is essential. Before handling your lenses at any time, it is important that you wash your hands carefully, rinse them thoroughly and dry them with a lint-free towel. Also, avoid handling your lenses after you have used oily substances such as hand creams, lotions and cosmetics. If you use these substances, always wash your hands before handling your lenses. Rough edges of fingernails can cause permanent damage—check your nails before handling your lenses.

INSERTING YOUR LENSES

Always start with the same lens, removing only one lens at a time from your Lens Storage Container or Lens Carrying Case. Examine it to be sure that it is clean, clear and fully wet. If it is not, see specific instructions for cleaning and disinfecting lenses, and follow instructions given by your eye care practitioner. Do not touch the “inside” (concave) surface of your lens. It is possible, though not likely, that your lens may have inverted itself during storage. To check whether the lens is right side out, carefully place the lens (holding only the edges) between your thumb and index finger and squeeze, very gently. If the edges of the lens come “together” the lens is right side out. If the edges seem to turn “out”, the lens is inside out. Carefully reverse the lens, holding only the edge.

Inserting: *(Instructions are given for the right eye; modify as required for the left eye.)*

1. Place lens on tip of index finger of your right hand. Touch your lower eyelid with the third finger of your right hand.
2. Hold head straight, and look “up” as far as possible. Pull down lower lid, and roll your index finger forward placing the lens onto the lower white part of your eye.
3. With your index finger still touching the lens, look straight ahead so that the lens now covers the cornea of your eye. Slowly release lower lid and remove your index finger.

CENTERING THE LENS

It is infrequent that a lens which is on the cornea will be displaced onto the white part of the eye during lens wear. However, this can easily occur during the insertion and removal of the lenses if these procedures are not performed properly. To center a lens, close your eyelids and gently massage the lens into place through the closed lids, or push the lens onto the cornea with a clean finger.

PREPARING TO REMOVE THE LENSES

- Wash, rinse and dry your hands thoroughly.
- Have your storage container or carrying case ready to receive the lens.

Caution: Always be sure that the lens is on the cornea before attempting to remove it. Check your vision by covering the other eye. If vision is blurry, the lens is either on the white part of the eye or it has been lost.

Removing:

(Instructions are given for the right eye; modify as required for the left eye.)

1. With head straight, look up as far as you can.
2. Right hand: Place middle finger on lower lid and touch lower edge of the lens with tip of index finger.
3. Keep looking up; slide lens down onto the white part of the eye with the index finger.
4. While still looking up and still holding the lens with your index finger, bring over your right thumb and compress the lens lightly between thumb and index finger so that the lens “folds up” and comes off the eye easily.

Important: In removing the lenses, be sure that you use your fingertips and not your fingernails. A fingernail can injure your eye and tear the lens. If your nails are too long, have them cut before starting to wear lenses.

OTHER METHODS OF LENS INSERTION AND REMOVAL

If you have difficulty using the methods described, your eye care practitioner will instruct you in alternate procedures which may be easier for you to use.

CARING FOR YOUR LENSES

You have been instructed on how to insert your new contact lenses and the method of removal. For continued safe and comfortable wearing of your lenses, it is important that you perform three separate, basic hygienic care procedures every day. You must clean, disinfect and store your lenses in recommended solutions daily. You will find instructions on how to perform each of these important care procedures on the following pages. You should not wear your lenses until the cleaning, disinfection and storage procedures have been completed.

IMPORTANT

DO NOT USE ANY SOLUTIONS OR WETTING AGENTS OR SOAKING SOLUTIONS OR EYE DROPS OF ANY KIND, EXCEPT THOSE RECOMMENDED BY YOUR EYE CARE PRACTITIONER FOR USE WITH PREFERENCE® LENSES. SINCE LIQUIDS AND VAPORS MAY BE ABSORBED BY THE LENSES, DO NOT PLACE THE LENSES IN YOUR MOUTH FOR WETTING. DO NOT WIPE THE LENSES WITH A CLOTH OR TISSUE.

CAUTION: IT IS ESSENTIAL THAT YOUR HANDS BE THOROUGHLY CLEANED, RINSED AND DRIED WITH A LINT-FREE TOWEL BEFORE HANDLING YOUR LENSES.

CLEANING YOUR LENSES

Your Preference® Lenses must be cleaned daily, or after each use, to remove mucus or film buildup. Each time you remove your lenses from your eyes, clean both surfaces of each lens by applying the recommended cleaner to each lens surface and rubbing the lens between thumb and forefinger. After applying the recommended cleaning solution, lenses may also be cleaned by rubbing both surfaces against the palm of one hand with the index finger or thumb of the other hand.

After cleaning, rinse both surfaces of each lens for approximately 10 seconds with a steady stream of a recommended sterile rinsing solution (see Table on page 8).

If your eye care practitioner recommends that you periodically soak your lenses in enzyme to remove protein deposits, the recommended enzymatic cleaner for use with the Preference® Hydrophilic Contact Lens is Allergan® Enzymatic Contact Lens Cleaner (Allergan Pharmaceuticals, Inc.). Follow the manufacturer's directions for using the cleaner with saline solution.

After soaking in enzyme and before disinfection, clean your lenses with the recommended cleaner and rinse **thoroughly** with the recommended sterile rinsing solution. **Always** disinfect your lenses after cleaning and rinsing and prior to wear.

DISINFECTION AND STORAGE OF YOUR LENSES

Your Preference® Lenses must also be disinfected daily and stored in an appropriate solution, depending on the method of disinfection you use. Your lenses can be disinfected by using one of three systems:

1. Chemical Disinfection Using a Hydrogen Peroxide System (see page 9).
2. Thermal Disinfection System (see page 9).
3. Chemical (Not Hydrogen Peroxide) Disinfection System (see page 10).

Your eye care practitioner will explain these systems to you and recommend the system that is best for you. Whichever system you use, it must be done daily.

To avoid damaging your lenses:

- DO NOT MIX OR ALTERNATE THE SYSTEMS FOR DISINFECTION UNLESS INDICATED IN THE LENS CARE SYSTEM LABELING.
- USE ONLY ONE DISINFECTION SYSTEM.
- NEVER USE THE THERMAL SYSTEM IF YOU HAVE PREVIOUSLY USED A CHEMICAL SYSTEM ON YOUR LENSES.

IMPORTANT

Lenses must be disinfected daily with either a Thermal or Chemical disinfection system to prevent the growth of harmful microorganisms on the lenses and in the lens storage container or lens carrying case, which may be harmful to the eye.

RECOMMENDED LENS CARE PRODUCTS FOR USE WITH PREFERENCE[®]			
HYDROPHILIC CONTACT LENS			
<i>(Your eye care practitioner may recommend other alternative products and procedures for lens care which should be followed. If alternative products and procedures are recommended, ask your eye care practitioner for specific information on that product.)</i>			
PURPOSE OF LENS CARE PRODUCT	LENS CARE SYSTEM		
	CHEMICAL (Not Heat) LENS CARE USING A HYDROGEN PEROXIDE SYSTEM	THERMAL (Heat)	CHEMICAL (Not Heat)
Clean Lens After Each Removal	Pliigel [®] MiraFlow [®]	Pliigel [®] MiraFlow [®]	Pliigel [®] MiraFlow [®]
Enzymatically Clean Lens at Intervals Recommended by Your Eye Care Practitioner	Allergan [®] Enzymatic Contact Lens Cleaner	Allergan [®] Enzymatic Contact Lens Cleaner	Allergan [®] Enzymatic Contact Lens Cleaner
Rinse	MiraSept [®] Rinsing and Neutralizing Solution (Step 2)	Unisol [®] Unisol [®] 4** Unisol Plus [™]	Unisol [®] Allergan [®] Hydrocare [®] Cleaning and Disinfecting Solution
Disinfect	*MiraSept [®] Disinfecting Solution (Step 1)	Unisol [®] , with a heat disinfection unit	*Allergan [®] Hydrocare [®] Cleaning and Disinfecting Solution
Store After Disinfection	MiraSept [®] Rinsing and Neutralizing Solution (Step 2)	Unisol [®] Unisol [®] 4	Allergan [®] Hydrocare [®] Cleaning and Disinfecting Solution
Lubricate/Rewet	Clerz [®] 2 Clerz [®]	Clerz [®] 2 Clerz [®]	Clerz [®] 2 Clerz [®]
<p>Pliigel, MiraSept, Unisol, and Clerz are registered trademarks of Alcon Laboratories, Inc. Allergan Enzymatic and Hydrocare are registered trademarks of Allergan, Inc. MiraFlow is a registered trademark of CibaVision. *DO NOT USE CHEMICAL DISINFECTING SOLUTIONS WITH HEAT. Such use can damage your lens. **DO NOT USE Unisol[®]4 to rinse your lenses after disinfection. FOR MORE INFORMATION ABOUT YOUR LENS CARE PRODUCTS, REFER TO THE MANUFACTURER'S PACKAGE INSERT.</p>			

CHEMICAL LENS DISINFECTION (Including Hydrogen Peroxide)

- Clean the contact lenses with a recommended cleaning solution and thoroughly rinse them with a recommended rinsing solution.
- After cleaning, to disinfect, carefully follow the instructions accompanying the disinfecting solution in the care regimen recommended by the lens manufacturer of the 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 the eyes.
- Caution: Lenses that are chemically disinfected may absorb ingredients from the disinfecting solution which may be irritating to the eyes. A thorough rinse in fresh saline solution prior to placement on the eye should reduce the potential for irritation.

THERMAL (HEAT) LENS DISINFECTION

- After you clean and **thoroughly** rinse your contact lenses following the instructions on page 7, prepare the empty lens storage case. Use the solution which your eye care practitioner recommended to keep the lens wet during disinfection.
- Wet the lens chambers (sections) with fresh solution.
- Put each lens into its correct chamber.
- Fill the chamber of the case to the line with the fresh solution, completely covering the lenses.
- Tightly close the top on each chamber of the lens storage case.
- Put the lens storage case into the heat disinfection unit and follow the directions to operate the unit.

Emergency (Alternate) Method for Thermal (Heat) Disinfection

If your heat disinfection unit is not available, place the tightly closed storage container which contains the lenses and solution into a pan of already boiling water for at least 10 minutes (15 minutes at altitudes above 7000 feet). 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.

NOTE: USE OF THE 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.

CHEMICAL (NOT HEAT) LENS DISINFECTION

(Not a Hydrogen Peroxide Disinfection System)

- After you clean and **thoroughly** rinse your contact lenses, prepare the empty lens storage case. Wet the lens chambers (sections) with the recommended disinfection solution.
- Put each lens into its correct chamber.
- Fill the chamber to the line with the disinfection solution, completely covering the lenses.
- Tightly close the top of the chamber of the lens storage case.
- To disinfect your lenses, leave them in the solution for at least 4 hours.
- DO NOT HEAT THE DISINFECTION SOLUTION AND LENSES.
- Leave the lenses in the unopened storage case until ready to put on your eyes.
- THOROUGHLY **RINSE** YOUR LENSES WITH STERILE RINSING SOLUTION BEFORE INSERTING AND WEARING.

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 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 driver's license requirements with monovision correction.
- Some monovision patients will never be fully comfortable functioning under low levels of illumination, 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.

HELPFUL HINTS

1. Do not put your lenses on if your eyes are red or irritated.
2. Do not wear your lenses while sleeping.
3. Never use water from any source with your lenses; use only the recommended solutions.
4. If your lens is uncomfortable when first inserted or becomes uncomfortable as you wear it, or if your vision becomes blurred, foreign matter may be present on the inside surface of the lens. The lens should be immediately removed, cleaned and disinfected, then reinserted. If the lens is still uncomfortable or the vision is still blurred, remove it and get in touch with your eye care practitioner.
5. A lens may tend to stick to your eye and become difficult to remove if you should inadvertently sleep with your lenses on or if you use a non-recommended solution. If this occurs, rinse your eye with a few drops of a recommended Rewetting or Lubricating Solution. In a few minutes the lens should once again move freely and be easily removable.
6. If you put your lens on and the vision is blurred, possible causes are: the lens is off center, the lens is inside out, the lens is not clean, or you may have mixed up your right and left lenses.
7. If the lens should happen to stick to itself in handling, do not try to pull the edges apart as this may tear the lens. Instead, place the lens in a recommended Sterile Rinsing Solution for a few minutes and the lens will open by itself, after which your lens must be thoroughly cleaned, rinsed, and disinfected with the recommended Cleaning, Rinsing, and Disinfecting Solutions before wearing.
8. If, by chance, a lens should dry out completely, it will become hard and brittle. Should this occur, handle the lens very carefully as it can be easily broken while in this state. Place the lens in a recommended Sterile Rinsing Solution and it will again become soft and flexible in two hours. Be sure to clean, rinse and disinfect the lens before wearing.
9. If hair spray is used while the lenses are being worn, keep your eyes closed until the spray droplets have settled.
10. If eye makeup is being used, it should be applied only after the lenses have been inserted, and great care must be taken to ensure that makeup does not get onto the lenses or into the eyes.
11. If you get soaps, cosmetics, lotions or hair spray on your lenses, eye irritation will result. If thorough cleaning and rinsing does not remove the irritant, consult your eye care practitioner.

12. Never let anyone else wear your lenses or try them on.

IMPORTANT ADDITIONAL INFORMATION

Never reuse solutions. Used solutions **must be discarded** from the lens storage container or carrying case after each use! Use fresh solutions each time you store or disinfect your lenses.

Lens Life: The life of your Preference® (tetrafilcon A) Hydrophilic Contact Lenses will be greatly influenced by your care in handling them. Use your fingertips, **not your fingernails**, in handling the lenses. Long or sharp fingernails touching the lenses **could split, crack or tear them**. Pinching a lens tightly between the fingers or between thumb and finger might also result in damage. Hard rubbing could scratch the lens surface and should be avoided. For longer life, always **handle your lenses gently!**

Important: Be sure to read the following sections. Pay particular attention to the two sections entitled: "WARNINGS" and "PRECAUTIONS." **DO NOT WEAR YOUR LENSES WHILE SLEEPING.**

PACKAGE INSERT

For the Preference® (tetrafilcon A) Hydrophilic Contact Lenses Package Insert, please reference PI01008.

PART 2: Instructions for Wearers - Extended Wear Instructions

Introduction

The Preference® Hydrophilic Contact Lens is made from a plastic which has the ability to absorb water, making it soft and flexible.

Preference® lenses are designed for extended wear use (continuous 24 hour wear, including while asleep) from 1-7 days between removals for cleaning and disinfection. **Your eye care practitioner will recommend the lens wearing schedule that is best for you.**

Your cornea, the “window” of your eye, needs oxygen supplied mainly through the tear film to maintain its clarity. A contact lens may act as a barrier to adequate oxygen transport to the corneal tissues during lens wear, but contact lenses designed and tested for extended wear use, such as Preference®, allow enough oxygen to pass directly through the lens to the cornea in most patients so that corneal health and clarity are maintained under continuous wear conditions.

This, of course, does not mean that you can put on an extended wear contact lens and forget it. On the contrary, long and comfortable wear depends on carefully following the instructions in this manual and those given to you by your eye care practitioner. Be sure to read this manual thoroughly and carefully. Refer to it as necessary when you handle your lenses.

Do not continue to wear your lenses if:

- the lenses are torn or damaged;
- your lens stops moving on your eye, or
- you notice a change in comfort, vision or redness of the eye.

Contact your eye care practitioner immediately anytime you stop wearing your lenses for the above reasons. Be sure to ask your practitioner for help if you have questions on how to handle or wear your lenses.

Warnings

PROBLEMS WITH CONTACT LENSES AND LENS CARE PRODUCTS COULD RESULT IN SERIOUS INJURY TO THE EYE. It is essential that you follow your eye care practitioner’s directions and all labeling instructions for proper use of your lenses and lens care products. EYE PROBLEMS, INCLUDING CORNEAL ULCERS, CAN DEVELOP RAPIDLY AND LEAD TO LOSS OF VISION; THEREFORE, IF YOU EXPERIENCE EYE DISCOMFORT, EXCESSIVE TEARING, VISION CHANGES, REDNESS OF THE EYE, IMMEDIATELY REMOVE YOUR LENSES AND PROMPTLY CONTACT YOUR EYE CARE PRACTITIONER.

All contact lens wearers must see their eye care practitioner as directed. If your lenses are for extended wear, your eye care practitioner may prescribe more frequent visits.

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. This risk can be reduced by carefully following directions for routine lens care, including cleaning of the lens case. Additionally, smoking increases the risk of ulcerative keratitis for contact lens users.

ADVERSE EFFECTS

(Problems and What To Do)

The following problems may occur:

- 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)
- excessive watering (tearing) of the eyes
- unusual eye secretions
- redness of the eyes
- reduced sharpness of vision (poor acuity)
- blurred vision, rainbows or halos around objects
- sensitivity to light (photophobia)
- dry eyes

Follow the procedure outlined below if you notice any of the above problems:

- IMMEDIATELY REMOVE THE LENS.
- If the problem continues, **DO NOT** put the lens back on the eye. Store it in the recommended storage solution, and **IMMEDIATELY** contact your eye care practitioner.
- If the discomfort or problem stops, 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, thoroughly clean, rinse and disinfect the lens; then reinsert it.

When any of the above symptoms occur, a serious condition such as infection, corneal ulcer, neovascularization, or iritis may be present. Seek **immediate** professional identification of the problem and prompt treatment to avoid serious eye damage.

Other Lens Wear Instructions

- It is normal to have a period of adjustment during the first week while your eyes are adjusting to your lenses. The signs, symptoms and remedies are as follows:
 1. **Blurred vision upon awakening, halos and misty vision.** This is usually due to a small degree of lens drying (dehydration) or to the accumulation of mucus, on the front surface of the lenses. Two or three drops of a recommended lubricating and rewetting eye drop will usually rewet the lenses and restore your vision to its normal quality. Vision should become clear after 15-30 minutes. If it is not clear, contact your eye care practitioner.
 2. **"Red eyes"**

If your eyes become red during lens wear, remove your lenses until the redness clears. If your eyes feel uncomfortable, or remain red after removing your lenses, contact your eye care practitioner.
 3. **A "lost lens"**

It is not possible for a lens to be lost on your eye, but it may have moved from its correct place on your eye or it may have come out during sleep.

 - If it has moved, a well-lit mirror will help find it if the lens is still on your eye. Use gentle finger pressure on the eyelids to move the lens to its correct position.
 - If the lens has fallen out during sleep, it may be very dry and wrinkled when you find it. **HANDLE A DRIED OUT LENS WITH CARE!** Lenses are very brittle and easily damaged when dried out (dehydrated). Follow the instructions for Care of a Dried Out (Dehydrated) Lens.
- Avoid all harmful or irritating vapors and fumes while wearing lenses.
- Do not swim with lenses in place.
- Always inform your physician (general health care practitioner) that you wear contact lenses.
- Always consult your eye care practitioner before using any medication in your eyes.
- Always inform your employer that you wear contact lenses. Some jobs may require use of eye protection equipment or may require that contact lenses not be worn.
- If you move, ask your eye care practitioner to refer you to another practitioner in your location.

Before Handling Your Lenses

Cleanliness is the most important lens care. **Before handling your lenses** at any time, **always wash and rinse your hands** thoroughly and dry them. Do not use soaps which leave a residue of lotion, cold cream or perfume on your hands.

Your lenses must be cleaned, rinsed and disinfected each time you removed them.

Avoid using medication, cream, deodorants, make up, aftershave lotions or similar items prior to touching your lenses. Anything left on your hands will be carried over to the lenses and could make them uncomfortable.

Use caution when using cosmetics, deodorants, lotions, hair sprays or other aerosol products while wearing your lens. If sprays are used while the lens is being worn, the eyes should be kept closed until the sprays have settled.

Use the recommended solutions to care for your lenses. **NEVER USE SOLUTIONS MADE FOR HARD CONTACT LENSES THAT ARE NOT ALSO RECOMMENDED FOR USE WITH SOFT HYDROPHILIC LENSES.** Do not store a lens in water. Use solutions that are recommended for storing soft hydrophilic lenses. (See Recommended Lens Care Products Table.)

Take care in handling your lenses. Always avoid touching your lenses with your fingernails or other sharp objects.

To avoid the possibility of lens mix-ups, get into the habit of handling the same lens first, either right or left, each time you work with your lenses. Always handle one lens at a time and place it onto your eye or into the correct section of your lens storage case before handling the other lens.

If you have any trouble understanding your lens care instructions, or find it difficult to put your lenses on or take them off, ask your eye care practitioner for more help.

Putting On Your Lenses

Remember:

- Always wash, rinse and dry your hands
- Handle one lens at a time, always the same lens first, to avoid lens mix-ups.
- Use the solutions recommended by your eye care practitioner. (See Recommended Lens Care Products Table).

Before inserting your lenses:

1. Sit comfortably. Use a mirror over a clean towel. **Never** work directly over a sink with the drain open, as the lenses may be lost.
2. Remove the first lens from the storage case by **carefully** pouring the storage solution and lens into your cupped hand. **Never** use tweezers or other implements to handle your lenses.
3. Rinse the lens with the recommended rinsing solution.
4. Place the lens on the tip of the index finger of your dominant hand.
5. Examine the lens carefully to be sure that it is clean and not damaged.
 - If the lens is not clean, clean, rinse and disinfect the lens before placing it on your eye.

- If the lens is damaged, **do not** wear the lens. Place it in your lens storage case and contact your eye care practitioner.
6. Check to be sure that the lens is not inside-out. Look at the profile of the lens edge against a light background—if the edge profile appears convex and bowl-shaped, then the lens is correct-side-out. If the lens is inside-out, simply reverse by using light fingertip pressure. Be sure to avoid damaging the lens with your fingernails.

Inserting your lenses:

7. From above with the middle finger of your non-dominant hand, gently raise the upper eyelid by lifting the lid just above the eyelashes.
8. From below, gently pull the lower eyelid down with the middle finger of your dominant hand.
9. With the lens still on the tip of the index finger of the dominant hand, tilt your head forward and bring the index finger and lens toward your eye slowly while looking up slightly. Gently touch the lens evenly to the eye.
 - It is normal for a small air bubble to remain under the lens at this point. A large air bubble remaining at this point may cause the lens to "pop out."
10. The following should be done without blinking or closing the eyes:
 - take index finger off the lens
 - look down slowly
 - release lower eyelid gently
 - gently release upper eyelid
11. Close the eyes, then open the eyes slowly.
 - The lens should center on the cornea automatically.
 - If the lens does not center automatically, move the lens onto the cornea by gentle fingertip pressure through the lids.
12. The lens should feel comfortable on the eye. If the lens is uncomfortable and irritation or discomfort persists beyond 3-4 seconds:
 - Decenter the lens briefly and recenter. (Decenter and recenter the lens by light fingertip pressure through the lids.)
 - If comfort does not improve to normal, remove the lens. Inspect it to make certain that it is clean, undamaged and correct-side-out.
 - If it is dirty or contains an eyelash or other foreign body, clean, rinse, and disinfect the lens and reinsert it.
 - If the lens is damaged, **do not replace the** lens on your eye. Place the lens in the lens storage case and contact your eye care practitioner.
 - If the lens is inside-out, reverse the lens by using light fingertip pressure. Clean, rinse and disinfect the lens and reinsert it.
 - If, after replacing the lens on your eye, the lens is still uncomfortable, **remove the lens**, place it in the lens storage case and **contact your eye care practitioner**.

Repeat the above procedure for the other lens. Empty your lens storage case, rinse and allow to air dry. When you next use your case, refill with FRESH solution.

If your vision is blurred after putting the lens on, the possible causes are:

- the lenses may be reversed (on the wrong eyes)
- the lens may be inside-out
- the lens surface may not be clean.

If your vision is blurred, remove the lens(es) as instructed, then repeat the cleaning, rinsing and disinfecting procedure described before replacing the lens on your eye as instructed above.

If your vision remains blurred after replacing the lens on your eye, **remove the lens**, place it in the lens storage case and **contact your eye care practitioner**.

Removing Your Lenses:

Remember:

- Always wash, rinse and dry your hands before handling your lenses.
 - Handle one lens at a time, always the same lens first, to avoid lens mix-ups.
1. Sit comfortably. Use a mirror over a clean towel. **Never** work directly over a sink with the drain open, as lenses may be lost.
 2. Look straight ahead and up slightly.
 3. With the middle finger of your dominant hand, pull the lower eye lid down gently.
 4. With the index finger and thumb of your dominant hand, form a small 'v' by bringing these fingers together and making a small pinching motion.
 5. With the crotch of the 'v' in the middle of your line of sight of the first eye, bring your thumb and index finger slowly toward your eye until the pad of your thumb and index finger touch the surface of the contact lens.
 6. Gently pinch the lower edge of the contact lens. Do not pinch hard enough to crease the lens. Do not touch the lens with your fingernails.
 7. Gently pull the lens away from the eye.
 8. Gently release lower lid.
 9. Clean, rinse and disinfect the lens using the method recommended by your eye care practitioner.
 10. Repeat the above procedure for the other lens.

Lens Care

- **Both clean and disinfect** your lens every time you remove it from your eye. One process does not replace the other. Cleaning is necessary to remove mucus and other debris from the lens surface. Disinfecting destroys harmful microorganisms.
- Always wash, rinse and dry your hands before handling your lenses.

- To avoid lens mix-ups, always handle the same lens first. Place the lens in the correct section of the lens storage case before handling the other lens.
- Work over a clean, flat surface. **Never** work directly over a sink with the drain open, as the lenses may be lost.
- Always keep the lenses completely immersed in the recommended storage solution when the lenses are not being worn. Prolonged periods of drying will damage the lens.
 - CARE FOR A DRIED OUT (DEHYDRATED) LENS. If your Preference® Lens is off the eye and exposed to air for 30 minutes or longer, it will become dry and brittle.

To rewet the lens:

- Handle the lens **carefully**.
 - Place the lens in its storage case and SOAK the lens in the recommended rinsing and storage solution for at least one hour. Soak the lens until it returns to a soft state.
 - Clean and disinfect the rewetted (rehydrated) lens using the lens care system recommended by your eye care practitioner.
 - Before reinserting the lens, inspect it carefully as instructed. Remember, if the lens is in anyway damaged, do not wear the lens. Place it in your lens storage case and contact your eye care practitioner.
 - If, after soaking, the lens does not become soft, DO NOT USE THE LENS. Return the lens to the storage case and contact your eye care practitioner.
-
- If the lens sticks (stops moving) on the eye, apply 2-3 drops of the recommended sterile lubricating solution, and wait until the lens begins to move freely on the eye before removing it. The lens must move freely on the eye for the continued good health of the eye. If nonmovement of the lens continues, **immediately** consult your eye care practitioner.
 - If your eye care practitioner recommends that you soak your lenses in enzyme periodically to remove protein deposits, an enzymatic cleaner such as Allergan® Enzymatic Contact Lens Cleaner (Allergan Pharmaceuticals, Inc.) may be used. Follow the manufacturer's instructions for using the cleaner.
 - After soaking in enzyme and before disinfection, clean lenses with a recommended cleaner and rinse **thoroughly** with the recommended rinsing solution. **Always** disinfect lenses after cleaning and rinsing and prior to wear.
 - To store lenses, disinfect, then leave them in the **unopened** storage case until ready to wear. If the lenses have been stored in the unopened case for more than 24 hours, disinfect immediately before wearing or at least once a week. Put fresh solution inside the lens chamber, completely covering the lenses, before disinfection.
 - Use the system of lens care, either chemical (no heat) or thermal (heat), that your eye care practitioner has recommended.
 - DO NOT ALTERNATE OR MIX LENS CARE SYSTEMS, UNLESS INDICATED IN THE LENS CARE LABELING.

- Use the solutions recommended by your eye care practitioner. See "Recommended Lens Care Products" table.

**RECOMMENDED LENS CARE PRODUCTS
FOR USE WITH PREFERENCE® HYDROPHILIC CONTACT LENS**

(Your eye care practitioner may recommend other alternative products and procedures for lens care which should be followed. If alternative products and procedures are recommended, ask your eye care practitioner for specific information on that product.)

PURPOSE OF LENS CARE PRODUCT	LENS CARE SYSTEM		
	CHEMICAL (Not Heat) LENS CARE USING A HYDROGEN PEROXIDE SYSTEM	THERMAL (Heat)	CHEMICAL (Not Heat)
Clean Lens After Each Removal	Pliagel® MiraFlow®	Pliagel® MiraFlow®	Pliagel® MiraFlow®
Enzymatically Clean Lens at Intervals Recommended by Your Eye Care Practitioner	Allergan® Enzymatic Contact Lens Cleaner	Allergan® Enzymatic Contact Lens Cleaner	Allergan® Enzymatic Contact Lens Cleaner
Rinse	MiraSept® Rinsing and Neutralizing Solution (Step 2)	Unisol® Unisol® 4** Unisol Plus™	Unisol® Allergan® Hydrocare® Cleaning and Disinfecting Solution
Disinfect	*MiraSept® Disinfecting Solution (Step 1)	Unisol®, with a heat disinfection unit	*Allergan® Hydrocare® Cleaning and Disinfecting Solution
Store After Disinfection	MiraSept® Rinsing and Neutralizing Solution (Step 2)	Unisol® Unisol® 4	Allergan® Hydrocare® Cleaning and Disinfecting Solution
Lubricate/Rewet	Clerz®2 Clerz®	Clerz®2 Clerz®	Clerz®2 Clerz®

Pliagel, MiraSept, Unisol, and Clerz are registered trademarks of Alcon Laboratories, Inc.
 Allergan Enzymatic and Hydrocare are registered trademarks of Allergan Pharmaceuticals, Inc.
 MiraFlow is a registered trademark of Ciba Vision.
 *DO NOT USE CHEMICAL DISINFECTING SOLUTIONS WITH HEAT. Such use can damage your lens.
 **DO NOT USE Unisol®4 to rinse your lenses after disinfection.
 FOR MORE INFORMATION ABOUT YOUR LENS CARE PRODUCTS, REFER TO THE MANUFACTURER'S PACKAGE INSERT.

To Clean Your Lenses

The risk of lens damage is low if the lens is kept wet during cleaning. A good rule to remember is "wet lens, wet finger when cleaning."

1. After washing, rinsing and drying your hands, remove the first lens from your eye.
2. Drape the lens over a wet knuckle.
3. Place 3 drops of a recommended cleaning solution on each lens surface.
4. Gently stroke the lens from the center to the edge with the index finger of your other hand. Continue this process on each lens surface for at least 20 seconds to remove mucus and other deposits.
5. Place the lens in the palm of your hand. Rinse both surfaces of the lens **thoroughly** for at least 10 seconds with a steady stream of the appropriate recommended sterile rinsing solution for the disinfection system used.
6. Place the first lens in the correct section or chamber of your lens storage case.
7. Repeat the above procedure for your other lens.

Disinfect your lenses according to the procedure recommended by your eye care practitioner.

CAUTION: CLEANING SOLUTION SHOULD NEVER BE PLACED DIRECTLY IN THE EYE.

To Disinfect Your Lenses

Your lenses may be disinfected using either chemical (not heat) or thermal (heat) disinfection method. **Use the disinfection method**, either chemical or heat, **that your eye care practitioner recommends**. Do **not** switch from one method to another unless indicated in the lens care system labeling.

CHEMICAL (NOT HEAT) LENS DISINFECTION

Using the MiraSept® Hydrogen Peroxide Disinfection System

- After cleaning, rinse both sides of the cleaned lens *thoroughly* in a steady stream of MiraSept Rinsing and Neutralizing Solution (Step 2), holding the lens between the forefinger and thumb of one hand.
- Place the lens in the correct lens chamber of the lens holder provided with the MiraSept System.
- Repeat the above procedures for the second lens.
- Fill the lens cup provided *to the line* with MiraSept Disinfecting Solution (Step 1). Place the lens holder containing the lenses in the lens cup and tighten. Shake cup well, then allow the lenses to soak for 10 minutes.
- After 10 minutes, open the cup and discard the solution inside. Proceed to the next step immediately.
- Fill the lens cup *1/2 -way to the line* with MiraSept Rinsing and Neutralizing Solution (Step 2). Replace the lens holder and tighten. Shake cup well. Open the case and discard the solution inside.

- Fill the lens cup *to the line* with fresh Rinsing and Neutralizing Solution (Step 2). Replace the lens holder and tighten. Shake cup well. Allow the lenses to soak for at least 10 minutes.
- Leave the lenses in the unopened storage cup until you are ready to wear them. If desired, you may rinse the lenses with *fresh* Rinsing and Neutralizing Solution (Step 2) before inserting them in your eyes.
- After removing lenses, empty and rinse the lens cup and lens holder with water and allow them to air dry.

THERMAL (HEAT) LENS DISINFECTION

- **After cleaning and *thoroughly* rinsing** the contact lenses, prepare the empty lens storage case. Use the solution recommended by the eye care practitioner to keep the lens wet during disinfection.
- Wet the lens chambers (sections) with fresh solution.
- Put each lens into its correct chamber.
- Fill the chamber of the case to the line with the fresh solution, completely covering the lenses.
- Tightly close the top on each chamber of the lens storage case.
- Put the lens storage case into the heat disinfection unit and follow the directions to operate the unit.
- Leave the lenses in the unopened storage case until ready to put on the eyes.
- Before insertion of the lenses, no rinsing is necessary unless your eye care practitioner recommends rinsing.

Emergency (Alternate) Method for Thermal (Heat) Disinfection

If your heat disinfection unit is not available, place the tightly closed storage container which contains the lenses and solution into a pan of already boiling water for at least 10 minutes (15 minutes at altitude above 7000 feet). 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.

NOTE: USE OF THE HEAT DISINFECTION UNIT SHOULD BE RESUMED AS SOON AS POSSIBLE.

CHEMICAL (NOT HEAT) LENS DISINFECTION

(Not a Hydrogen Peroxide Disinfection System)

- After cleaning and *thoroughly* rinsing the first contact lens place a few drops of the recommended disinfection solution in the correct chamber of the storage case.
- Put the lens into the correct chamber.
- Fill the chamber to the line with the disinfection solution, completely covering the lenses.
- Tightly close the top of the chamber of the lens storage case.
- Repeat the above procedure for the second lens after removal.

- To disinfect lenses, leave them in the solution for at least 4 hours.
- DO NOT HEAT THE DISINFECTION SOLUTION AND LENSES.
- Leave the lenses in the unopened storage case until ready to put on the eyes.
- THOROUGHLY *RINSE* LENSES WITH STERILE RINSING SOLUTION BEFORE INSERTING AND WEARING.

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 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 in 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 driver's license requirements with monovision correction.
- Some monovision patients will never be fully comfortable functioning under low levels of illumination, 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 discussion your needs.

Date

Time

"Unscheduled" visits may sometimes be necessary to assure eye health. Always contact your eye care practitioner if a lens is torn or damaged, if a lens stops moving on your eye, or if you notice a change in comfort, vision or redness of the eye.

Package Insert

For the Preference (tetrafilcon A) Tinted Hydrophilic Contact Lenses Package Insert please reference PI01008.