

# Patient Instruction Booklet

**AIR OPTIX® AQUA, AIR OPTIX® plus  
HydraGlyde®, AIR OPTIX® for Astigmatism,  
AIR OPTIX® plus HydraGlyde® for Astigmatism,  
AIR OPTIX® AQUA Multifocal, and AIR OPTIX®  
plus HydraGlyde® Multifocal (Iotrafilcon B) Soft  
Contact Lenses**

**For Daily Wear and Extended Wear up to 6 Nights**



**CAUTION: FEDERAL LAW (UNITED STATES)  
RESTRICTS THIS DEVICE TO SALE BY OR  
ON THE ORDER OF A LICENSED EYE CARE  
PROFESSIONAL**















**Alcon**

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## Commonly Used Terms

<b>Astigmatism</b>	A common vision condition where the cornea is not equally curved in all parts of its surface. It is somewhat oval in shape causing the visual image to be out of focus (blurred).
<b>Cornea</b>	The clear “window” of the eye, permitting light to enter, located in front of the iris and pupil.
<b>Daily Wear</b>	Contact lens wear for less than 24 hours a day, while awake. Normal daily wear of contact lenses assumes a minimum 6-hour period of non-lens wear each day. Individual wearing times will vary.
<b>Disinfect</b>	A process that kills harmful microorganisms (germs) which can cause serious eye infections
<b>Extended Wear</b>	Contact lens wear for 24 hours per day, including during sleep
<b>Iris</b>	The colored part of the eye which controls the size of the pupil
<b>Lens Deposits</b>	Particles such as cosmetics, lotions, protein from the tear film, environmental pollutants, etc., which collect on the lens surface
<b>Presbyopia</b>	The gradual loss of the eye's ability to change focus from distance to near resulting in a need for additional correction for near tasks such as reading. The effects of presbyopia are generally first noticed after age 40.
<b>Pupil</b>	The black round opening surrounded by the iris

The following may appear on labels or cartons:

SYMBOL / ABBREVIATION	DESCRIPTION
	CAUTION: Federal law (United States) restricts this device to sale by or on the order of a licensed eye care professional.
	Sterilized using steam
	Use-by date
EXP	Expiration date
	Batch code
	Do not use if blister package is damaged
	Two letter code for the language (Example shown: English)
	European conformity mark
	Caution
	Consult instructions for use
	Authorized Representative in the European Community
	Manufacturer
	Date of manufacture
	Medical device
	Packaging waste license sign
DIA	Diameter
BC	Base curve
PWR	Lens Power
D	Diopter (lens power)
L	Left
R	Right
ADD	Addition power
LO	Low ADD power
MED	Medium ADD power
HI	High ADD power
VP/DMAEMA	Vinylpyrrolidone/Dimethylaminoethylmethacrylate

## INTRODUCTION

### *Welcome!*

This booklet explains how to safely use your **Alcon AIR OPTIX® AQUA, AIR OPTIX® plus HydraGlyde®, AIR OPTIX® for Astigmatism, AIR OPTIX® plus HydraGlyde® for Astigmatism, AIR OPTIX® AQUA Multifocal** and **AIR OPTIX® plus HydraGlyde® Multifocal** (lotrafilcon B) soft contact lenses. Read it carefully and keep it in a safe place for future reference.

### *About Your Contact Lenses*

**AIR OPTIX® AQUA, AIR OPTIX® plus HydraGlyde®, AIR OPTIX® for Astigmatism, AIR OPTIX® plus HydraGlyde® for Astigmatism, AIR OPTIX® AQUA Multifocal** and **AIR OPTIX® plus HydraGlyde® Multifocal** contact lenses may be prescribed for daily wear or extended wear for up to six nights of continuous wear, with removal for disposal, or cleaning and disinfection prior to reinsertion and frequent replacement, as recommended by your eye care professional.

Your eye care professional will determine the replacement schedule as well as the length of time the lenses are to be worn each day before removal for cleaning, rinsing, and disinfection. Based on these schedules, the eye care professional will also determine the number of lenses each patient requires, the frequency of follow-up care, and a dispensing schedule.

For daily wear, lenses are worn for part of a day and not worn while sleeping. For extended wear lenses are worn while you are awake and asleep. Once lenses are removed, your eyes should have a rest period without lens wear for at least one overnight. Your eye care professional will tell you how long to rest your eyes in between wearing periods and will also recommend a replacement period and appropriate lens care products that are right for you.

**For your eye health, it is important that you follow the wearing and replacement schedule as prescribed by your eye care professional.** If you wear your lenses too long you can harm your eyes.

The lenses are available in various lens designs that are used for different kinds of vision correction.

- Spherical lenses are used to correct nearsightedness (myopia) or farsightedness (hyperopia).
- Toric (for astigmatism) lenses are used to correct nearsightedness (myopia) or farsightedness (hyperopia) in persons who have astigmatism (irregular, oval shaped cornea).
- Multifocal lenses are used to correct presbyopia in persons who need additional correction for near tasks such as reading.

In addition, each of the lens designs comes in a range of prescriptive powers (PWR). Your eye care professional will prescribe the appropriate lens design and prescriptive power that's needed to correct vision in your right and left eye.

## **About This Booklet**

**Read this booklet carefully and follow all of the instructions.**

This booklet explains how to wear and care for your new lenses. If you have questions after reading this booklet, call or visit your eye care professional. Also, you may call Alcon Medical Product Information toll free in the USA at 1-800-875-9785.

Successful, safe contact lens wear depends on following the recommendations of your eye care professional and practicing good lens care habits. If you do not, you may:

- increase the chances of serious eye infection and injury
- cause damage to your contact lenses

## **WARNINGS AND PRECAUTIONS**

### ***What You Should Know About Contact Lens Wear***

#### **Warning**

**Serious injury to the eye, scarring of the cornea, and loss of vision may result from problems associated with wearing contact lenses and using lens care products.**

**Eye problems, including corneal ulcers, can develop rapidly and lead to loss of vision. Immediately call or visit your eye care professional for persistent symptoms of any eye discomfort, watering, vision change, or redness.**

**Be aware of the following:**

#### ***Extended Wear***

- **Do not wear your AIR OPTIX® AQUA, AIR OPTIX® plus HydraGlyde®, AIR OPTIX® for Astigmatism, AIR OPTIX® plus HydraGlyde® for Astigmatism, AIR OPTIX® AQUA Multifocal and AIR OPTIX® plus HydraGlyde® Multifocal contact lenses for extended wear (24 hours a day, including during sleep), unless directed by our eye care professional.** Studies have shown that overnight wear of contact lenses increases the risk of certain serious contact lens related complications. The risk increases with the number of days in a row that lenses are worn between removals, beginning with the first overnight use.

#### ***Smoking***

- **Be sure to inform your eye care professional if you smoke.** Smoking increases the risk of serious problems with contact lens wear.

#### ***Following Directions***

- **Be sure to follow exactly the instructions of your eye care professional and manufacturers' labeled lens care instructions** for the proper use and care of your contact lenses and lens care products, including lens cases. Failure to do so may put you at significant risk of developing serious eye problems.

## ***Use Proper Lens Care Solutions***

- **Do not use saliva, tap water, distilled water, or homemade saline solution for any purpose in caring for your lenses.** The use of these solutions has been associated with serious eye infections including *Acanthamoeba* keratitis, a corneal infection which is resistant to treatment and cure.

## ***Adverse Effects (Possible Problems)***

### **IF YOU EXPERIENCE:**

- Eye discomfort,
- Excessive tearing,
- Vision changes,
- Loss of vision,
- Eye redness, or
- Other eye problems

## **IMMEDIATELY REMOVE THE LENSES AND PROMPTLY CONTACT YOUR EYE CARE PROFESSIONAL**

A serious condition such as corneal ulcer or eye infection may be present and may progress rapidly. Even less serious reactions such as a scratched cornea must be treated promptly to avoid more serious complications.

## ***What To Do if a Problem Occurs***

If you experience a problem, immediately remove your lens(es). Identification of the problem and prompt treatment may help avoid serious eye damage.

**IMMEDIATELY** remove the lens(es),

**1. If the discomfort stops, then look closely at the lens(es).**

- If a lens is damaged in any way, **DO NOT** put the lens back on your eye. Place the lens(es) in the storage case, or discard and contact the eye care professional.
- If a lens has dirt, an eyelash or other foreign body on it, and the lens appears undamaged, thoroughly clean, rinse and disinfect prior to reinsertion. After reinsertion, if the problem continues, remove the lens(es) immediately and contact your eye care professional.

**2. If discomfort continues after you have removed your lenses,**

- **IMMEDIATELY** contact your eye care professional.
- **Do not insert a new or spare lens onto an eye that is red, irritated, or painful. A new lens may hide symptoms and delay treatment.**

## ***When Lenses Should Not Be Worn***

Contact lenses should not be worn under certain general health and eye conditions. Only your eye care professional can determine if continued contact lens wear is right for you. These include the following:

- Inflammation or infection in or around the eye or eyelids.
- Excessive dryness of the eyes that makes contact lens wear uncomfortable.
- Any condition which reduces corneal sensitivity.
- Systemic diseases that may be affected by or impact lens wear.

- Allergic conditions, reactions or ocular irritation caused or exaggerated by lens wear or certain preservatives in lens care products.
- The use of any medication, including some eye medications, that shouldn't be used with, or interferes with contact lens wear.
- If eyes become red or irritated.

## GENERAL GUIDELINES FOR SAFE CONTACT LENS WEAR

***While wearing your AIR OPTIX® AQUA, AIR OPTIX® plus HydraGlyde®, AIR OPTIX® for Astigmatism, AIR OPTIX® plus HydraGlyde® for Astigmatism, AIR OPTIX® AQUA Multifocal and AIR OPTIX® plus HydraGlyde® Multifocal contact lenses, check your eyes frequently to make sure they look well, feel comfortable and vision is clear.***

- Always clean, rinse and dry your hands thoroughly before handling your lenses.
- Your lenses are provided to you in foil sealed tamper-evident blister pack containers. Never use a lens if the container seal is broken, as damage or contamination may have occurred.
- **Don't wear your lenses longer than recommended by your eye care professional, no matter how comfortable the lenses feel. Doing so increases the risk of adverse effects.**
- Don't excessively rub your eyes while the lenses are in. You may harm your eyes or damage the lens.
- Don't get water, soap, or shampoo into your eyes during a bath or shower. These substances could get on your lenses and irritate your eyes.
- Be aware that hot and windy conditions may dry out your lenses. For example, air from a hair dryer, ceiling fan, or open car window may dry out your lenses and irritate your eyes.
- Always inform your eye care professional, physician and employer that you wear contact lenses. Contact lenses may not be used with certain medications or medical procedures, may not be suitable for certain occupations, or may require eye protection equipment.
- Do not use lenses that have passed their expiration date.
- Make note of the correct lens power for each eye to avoid getting them switched.
- Discard any lens that has become dried out or damaged. Replace it with a fresh, new lens.
- Always keep a supply of replacement lenses on hand or have back-up pair of eyeglasses available.
- Exposure to water while wearing contact lenses during activities such as swimming, water skiing and hot tubs may increase the risk of:
  - Eye infection, including but not limited to *Acanthamoeba* keratitis
  - Damage to the lenses by chemicals in the water
  - Loss of the lenses

- Consult your eye care professional about wearing lenses during water sports and water related activities.

### ***Water Activity***

#### ***Instruction for Use:***

- Do not expose your contact lenses to water while you are wearing them.

#### **WARNING:**

Water can harbor microorganisms that can lead to severe infection, vision loss or blindness. If your lenses have been submersed in water when swimming in pools, lakes or oceans, you should discard them and replace them with a new pair. Ask your eye care professional for recommendations about wearing your lenses during any activity involving water.

### ***Storing Your Lenses***

- Store your lenses in the recommended solution when not being worn. Soft lenses are made of special materials that must be kept wet at all times to avoid damage from drying out.
- Always use fresh solution when storing your lenses. Previously used solutions can become contaminated and increase the risk of infection.
- Always follow the manufacturer's instructions for the lens care system your eye care professional has prescribed.

### ***When to Remove Your Lenses***

- Remove your lenses for sleeping unless your eye care professional has prescribed overnight wear for you. Not all people can wear lenses while sleeping. Sleeping with lenses on increases the risk of eye infection.
- Remove your lenses immediately if they become uncomfortable. Discomfort can be an early warning sign of a more serious problem. If the discomfort continues after lens removal, contact your eye care professional. Early treatment can help avoid more serious complications.
- Remove your lenses if you will be in the presence of irritating liquids, gases, chemicals, or smoke. Your lenses can become damaged by absorbing these substances and irritate or injure your eyes. If exposed to these substances while wearing your lenses, see the ***EMERGENCIES*** section in the back of this booklet.
- ***Note: Lenses removed from your eyes must be cleaned, rinsed, and disinfected prior to reinsertion.***

### ***Cosmetic Products and Your Lenses***

- Lens damage, eye irritation or infection may result if cosmetics, lotion, soap, cream, hair spray, deodorant, perfume, or aerosol products come in contact with your lenses. If sprays are used, close your eyes until the spray has settled.
- Apply eye make-up only after you have inserted the lenses. Otherwise, make-up can become trapped under the lens and irritate or injure your eyes.
- Do not use nail polish remover while wearing your lenses. The fumes can damage the lenses.



## ***Other Eye Care Products and Medications***

- Do not use eye drops, solutions, or medications in your eyes unless directed by your eye care professional. These solutions may damage your lenses or irritate your eyes. You may use lens rewetting drops recommended by your eye care professional while lenses are worn.
- Certain medications may cause blurred vision, lens dryness, or lens discomfort. These include antihistamines, decongestants, diuretics, muscle relaxants, oral contraceptives, tranquilizers, and motion sickness medications. Always inform your eye care professional if you experience any problems with your lenses while taking such medications.
- Do not use solutions made only for hard contact lenses. They can damage your soft contact lenses, which may result in serious eye complications.

## **LENS PLACEMENT ON THE EYE**

### ***Introduction***

Good hygiene habits help promote safe, comfortable and successful contact lens wear. Cleanliness is one of the most important aspects of handling and caring for your contact lenses. Starting with clean hands helps to reduce the chance of eye infections and irritation.

### ***Step 1 – Wash, Rinse, and Dry Hands***

- **Wash your hands thoroughly** with soap that does not have any oils, lotions, or perfumes.
  - Thorough hand washing will remove dirt, germs, and oils that could get on the lenses and cause irritation or infection. Using the proper soap prevents chemical residues from getting on the lenses.
- **Rinse your hands thoroughly** after washing.
  - This removes all traces of soap and dirt.
- **Dry your hands** with a lint-free towel.
  - This helps keep lint and dust from getting on your lenses and irritating your eyes.

**Always wash your hands before handling your lenses. This will remove dirt and oils that could get on the lenses. Proper hand washing also helps prevent eye infections.**

- Long fingernails can make lens placement, removal and cleaning more difficult. Sharp, rough fingernails can damage the lenses.

## ***Step 2 – Open the Multipack Carton and Lens Container***

Each lens is supplied sterile in a foil-sealed plastic container (blister pack) containing isotonic phosphate buffered saline with or without additives. Lenses in sealed blister packs are provided in a multipack carton. Locate the opening flap on the carton and pull up to break the seal.

Each multipack carton and lens container is marked with the lens power (your vision prescription). The packaging may also contain a product code (for example LFB110e). Lens powers may not be the same for both eyes, so multipack cartons have a check box for your eye care professional to mark indicating which lens is for your left and right eye. Be sure to open and use the correct lens for each eye.

### ***The Lens Package***

- Each lens is supplied in a foil sealed plastic container designed to maintain sterility of the lens and saline solution. The product should not be used if the plastic container (blister pack) is damaged or not completely sealed. To open an individual container, follow these simple steps:
  1. Shake the lens package gently, and peel back lid.
  2. Carefully remove the lens from package.
    - With a clean finger, gently slide the lens out of the lens container or pour the lens onto the palm of your clean hand.
    - Do not use tweezers or other tools to remove the lens from container. This could damage the lens.

## ***Step 3 – Inspect the Lens for Damage or Foreign Matter***

- Thoroughly rinse the lens with the recommended sterile saline solution according to the manufacturer's instructions. This will remove any possible traces of dust, lint or other particles from the lens. Foreign material could get trapped under the lens and cause eye discomfort.
- Examine the lens to be sure it is clean and moist and does not have any nicks, tears, or particles sticking to it.
  - Place the lens on the tip of your index finger and hold it up against a bright light.
  - If the lens appears damaged or dried out, do not use it. Discard it and use the next lens in the multipack.

**Never handle your lenses over a sink with an open drain. Shut the drain or place a clean paper towel over the opening to keep from losing your lenses.**

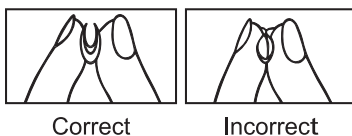
## ***Step 4 – Make Sure the Lens Is Right Side Out***

Check to see that your lens is right side out. A lens that is placed on the eye inside out may not feel comfortable or provide good vision.

### Method 1

One way to do this is to place the lens between your thumb and index finger and squeeze the edges together gently.

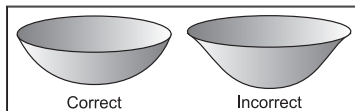
- If the edges come together, the lens is right side out.
- If the edges turn outward, the lens is wrong side out. Carefully reverse it with your fingers.



### Method 2

Another way is to place the lens on the tip of your index finger and check its shape.

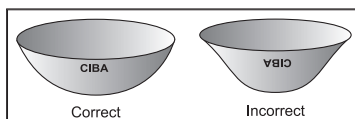
- If the edge appears bowl-shaped, it is right side out.
- If the edge has a lip or flares outward, it is wrong side out and must be reversed.



### Method 3

The lens may be engraved with "CIBA". If the lens is engraved, look at the lens engraving at the edge of the lens.

- Place the lens on the tip of your index finger and hold it up against a light source.
- If the lens is right side out, you should be able to read "CIBA" at the edge of the lens. If the lens is inside out, the engravings will be reversed. Carefully turn the lens right side out with your fingers.



## Step 5 - Place Lens On Eye

After you have thoroughly washed, rinsed, and dried your hands, rinsed and inspected the lens, and made sure it is right side out, you are ready to place the lens on your eye.

Remember to start with the same lens first (right or left), then the other lens. This helps avoid getting the lenses mixed up.

- 1. Place the lens on the tip of your right index finger** (left index finger if you are left-handed and this is easier for you). Make sure your finger is completely dry, or the lens will stick to your finger and be difficult to transfer to your eye.

2. *Place the middle finger of the same hand close to your lower eyelashes and pull down the lower eyelid.*
3. *Use the fingers of the other hand to lift the upper right eyelid.*
4. *Place the lens directly on the eye (cornea) by gently rolling it off the index finger.*
5. *Look down and slowly remove your right hand, releasing the lower lid.*
6. *Look straight ahead and slowly remove your left hand, releasing the upper lid.*
7. *Blink gently.* The lens should center automatically.
8. *Repeat steps 1-7 above for the other lens.*



**Your eye care professional may suggest alternate methods for insertion of the lens onto the eye.**

If your vision is blurred or the lens is uncomfortable on your eye, check for the following:

- The lens is not centered on the eye (see **CENTERING THE LENS**, next section)
- The lens is centered. Remove the lens (see **LENS REMOVAL FROM THE EYE** section) and check for the following:
  - Cosmetics, oils, or particles on the lens. Clean and rinse the lens and place on the eye again.
  - The lens is on the wrong eye.
  - The lens is wrong side out.
  - The lens may be torn or damaged. If so, do not place the lens back on your eye. Discard the lens and replace it with a new lens.

If your vision is still blurred or the lens is uncomfortable after checking the above, remove both lenses and contact your eye care professional.

After you have successfully inserted your lenses, you should ask yourself:

- Do the lenses **feel good?** (There should be no discomfort)
- Do my eyes **look good?** (Your eyes should not be red or swollen or have any discharge)
- Is my **vision good?** (You should be able to see clearly out of each eye individually and together)

**If the answer to any of these questions is no, immediately remove your lenses and contact your eye care professional.**

## **Centering the Lens**

Occasionally a lens will be displaced onto the white part of the eye during lens placement or during lens wear. To center a lens, follow one of the methods below:

**Method 1. Look in the direction of the displaced lens. Blink gently.** The lens should automatically move toward the center of the eye and into the correct position.

**Method 2. Close your eyelids and gently massage the lens into place** through the closed eyelid.



**Method 3. Gently push the off-centered lens onto the cornea with the eye open,** using gentle finger pressure on the edge of the upper or lower eyelid.

## **LENS REMOVAL FROM THE EYE**

Remember to remove the same lens first (right or left), then the other lens. This helps avoid getting the lenses mixed up.

It may be easier to remove your contact lenses if you use rewetting drops (approved for use with soft lenses) recommended by your eye care professional 10 to 15 minutes before lens removal. This will also help prevent lens tearing during the removal process.

### **Step 1 - Wash, Rinse, and Dry Hands**

**Wash your hands thoroughly** with soap that does not have any oils, lotions, or perfumes.

Refer to the section, **LENS PLACEMENT ON THE EYE** for important additional information.

### **Step 2 - Make Sure Lens is on the Eye**

**Make sure the lens is centered on your eye before trying to remove it.** Cover the other eye; if your vision is blurred, the lens is either off center or not on the eye at all. Locate the lens with a mirror and re-center it using one of the methods described in the section, **CENTERING THE LENS**.

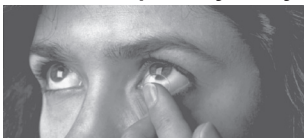
### **Step 3 - Pull Down Lower Eyelid**

**Look upward, keeping your head level. Pull down the lower lid of your eye with your middle finger.**



#### ***Step 4 - Slide Lens Down***

While looking up, place the tip of your index finger on the lower edge of the lens and slide it down onto the lower white part of your eye.



#### ***Step 5 - Pull Lens Off Eye***

Still looking up, squeeze the lens gently between your thumb and index finger. Gently remove the lens from the eye.



**Repeat Steps 2-5 for the other lens**

If a lens tears in the eye it will feel uncomfortable. If this should occur, remove lens pieces by pinching them as you would for normal lens removal, carefully avoiding pinching the eye tissue. If the lens pieces do not seem to remove easily, rinsing with saline is recommended. If this does not help, contact your eye care professional for assistance.

### **REPLACING YOUR LENSES**

Replace your lenses with a new pair as often as recommended by your eye care professional. Old lenses can cause discomfort, decreased vision and may adversely affect your eye health. **Alcon** recommends up to one month replacement for **AIR OPTIX® AQUA**, **AIR OPTIX® plus HydraGlyde®**, **AIR OPTIX® for Astigmatism**, **AIR OPTIX® plus HydraGlyde® for Astigmatism**, **AIR OPTIX® AQUA Multifocal** and **AIR OPTIX® plus HydraGlyde® Multifocal (Ioltrafilcon B)** contact lenses, or as recommended by your eye care professional.

### **DISPOSAL AND RECYCLING**

Dispose of contact lenses and the blister pack lidding in the waste bin, not down the sink or toilet. The carton packaging and the polypropylene (PP) plastic shell of the blister pack should be placed in the waste bin or recycled according to local waste management guidance.

## FOLLOW-UP CARE

Do not skip visits with your eye care professional just because your lenses feel comfortable. Routine follow-up visits help prevent problems. Only a thorough examination by your eye care professional can determine how your eyes are responding to contact lenses. Early signs of a problem can be detected and treated before you can feel them. It is recommended contact lens wearers see their eye care professional at least once each year, or as directed by the eye care professional.

## LENS CARE

Your eye care professional may either recommend using lenses for disposable wear (wear a new pair of lenses every day) or for frequent replacement wear (replace lenses every one month, or sooner if recommended by the eye care professional).

### For Disposable Wear:

- No lens care is indicated, as lenses are discarded upon removal from the eye.
- Lenses should only be cleaned, rinsed and disinfected on an emergency basis when replacement lenses are not available.

### For Replacement Wear:

- When removed between replacement periods, lenses must be cleaned and disinfected prior to reinsertion, or be discarded and replaced with a fresh new lens.

**Lenses should be cleaned, rinsed and disinfected each time they are removed from the eye prior to re-insertion.** Your eye care professional will recommend an appropriate lens care regimen that's right for you.

### *General Guidelines for Lens Care*

- **Follow the complete lens care regimen exactly as directed in the specific labeling instructions that accompany the solutions recommended by your eye care professional. Failure to do so may contribute to problems.**
- Lenses removed from your eyes must be cleaned, rinsed, and disinfected after each wearing period before reinsertion.
  - **Cleaning** loosens and removes accumulations of film, deposits, and debris that can cause irritation, and prepares lenses for disinfection.  
**Rinsing** removes cleaning and disinfection solutions and helps make your lenses feel more comfortable.  
**Disinfecting** kills germs that can cause eye infections.
  - Failure to clean and rinse prior to disinfection may result in incomplete lens disinfection.
  - Saline solutions are used to rinse, **NOT** to clean or disinfect.
  - **Alcon** recommends a chemical (not heat) method of disinfection, such as **CLEAR CARE® PLUS Cleaning & Disinfecting Solution** or **OPTI-FREE® PureMoist® Multi-Purpose Disinfecting Solution** for use with **ALCON** (lotrafilcon B) contact lenses. The following are typical instructions with related warnings for use of contact lens care multi-purpose solutions.

**IMPORTANT:** Contact lens hydrogen peroxide cleaning and disinfecting solutions are not multi-purpose solutions. Hydrogen peroxide solutions require neutralization in a special lens case or burning and stinging will occur. For hydrogen peroxide disinfecting solutions carefully follow the manufacturer's instructions.

**a. Soaking and Storing Your Lenses**

***Instruction for Use:***

- Use only fresh multi-purpose (contact lens disinfecting) solution each time you soak (store) your lenses.

**WARNING:**

Do not reuse or "top off" old solution left in your lens case since solution reuse reduces effective lens disinfection and could lead to severe infection, vision loss or blindness.

"Topping-Off" is the addition of fresh solution to solution that has been sitting in your case.

**b. Rub and Rinse Time**

***Instruction for Use:***

- Rub and rinse your lenses according to the recommended lens rubbing and rinsing times in the labeling of your multi-purpose solution to adequately disinfect your lenses.

**WARNING:**

- Rub and rinse your lenses for the recommended amount of time to help prevent serious eye infections.
- Never use water, saline solution, or rewetting drops to disinfect your lenses. These solutions will not disinfect your lenses. Not using the recommended disinfectant can lead to severe infection, vision loss or blindness.

**c. Lens Case Care**

***Instruction for Use:***

- Empty and clean contact lens cases with digital rubbing using fresh, sterile disinfecting solutions/contact lens cleaner. Never use water. Cleaning should be followed by rinsing with fresh, sterile disinfecting solutions (never use water) and wiping the lens cases with fresh, clean tissue is recommended. Never air-dry or recap the lens case lids after use without any additional cleaning methods. If air drying, be sure that no residual solution remains in the case before allowing it to air dry.
- Replace your lens case according to the directions provided by your eye care professional or the labeling that came with your case.
- Contact lens cases can be a source of bacterial growth.

**WARNING:**

Do not store your lenses or rinse your lens case with water or any non-sterile solution. Only use fresh multi-purpose solution so you do not contaminate your lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.



#### **d. Discard Date on Multi-purpose Solution Bottle**

##### ***Instruction for Use:***

- Discard any remaining solution after the recommended time period indicated on the bottle of multi-purpose solution used for disinfecting and soaking your contact lenses.
- The discard date refers to the time you can safely use contact lens care product after the bottle has been opened. It is not the same as the expiration date, which is the last date that the product is still effective before it is opened.

##### **WARNING:**

Using your multi-purpose solution beyond the discard date could result in contamination of the solution and can lead to severe infection, vision loss or blindness.

- To avoid contamination, DO NOT touch tip of container to any surface. Replace cap after using.
  - To avoid contaminating your solution, DO NOT transfer to other bottles or containers.
- 
- Heat disinfection has not been tested and is not recommended.
  - Use of an enzymatic cleaner is optional and may be recommended by the eye care professional if warranted.
  - Lens compatibility with an abrasive type cleaner such as OPTI-CLEAN® II Daily Cleaner has not been tested and is not recommended.
  - Never use a hard (rigid) lens solution unless it is also indicated for use with soft contact lenses, as corneal injury could result.
  - Do not alternate, change, or mix lens care systems or solutions for any one pair of lenses unless specifically indicated in the product labeling. Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. If in doubt, consult your eye care professional.
  - If you remove your lenses and do not have access to your lens care products, do not reinsert the lenses. Store your lenses in the lens case until they can be cleaned, rinsed, and disinfected.
  - Use only fresh, unexpired, sterile lens care solutions recommended for use with soft contact lenses according to the manufacturer's instructions provided with the specific products.
  - **When opened, sterile, non-preserved, non-aerosol solutions must be discarded after the time specified in the label directions.**

#### **Basic Lens Care Steps**

##### ***Step 1 - Cleaning***

**Cleaning** loosens and removes accumulations of film, deposits, and debris that can cause irritation, and prepares lenses for disinfection.

## Wash, Rinse, and Dry Hands

### Remove and Clean One Lens at a Time

#### Clean Lens

- Place the lens in the palm of one hand and add cleaner according to the manufacturer's instructions for use.

- Rub the lens with firm but gentle pressure, in a back and forth (not circular) motion. A circular motion may cause the lens to split or tear.
- The rubbing action of your finger against the lens removes mucus, dirt, and other material from the lens surface. These substances may not be visible even though they are present on your lenses.



#### Step 2 - Rinsing

**Rinsing** removes cleaning and disinfecting solutions and helps make your lenses feel more comfortable.

- Thoroughly rinse the lens with fresh sterile saline solution according to the manufacturer's instructions for use.
- Make sure all of the cleaning solution has been rinsed off. Any remaining cleaner can irritate the eye and may interfere with the disinfection process.



#### Step 3 - Disinfecting

**Disinfecting** kills germs that can cause eye infection.

- Follow the manufacturer's instructions that come with the chemical disinfection system recommended by your eye care professional. In most cases, you will:
  1. Always fill the lens case with **fresh** disinfection solution.
  2. **Close tightly.** The lenses must be fully covered by the disinfection solution to ensure proper disinfection and to keep from drying out.
  3. **Allow lenses to remain in case for the length of time specified in the instructions.** This will help keep harmful germs from growing on your lenses.

#### Care of the Lens Case

Contact lens cases can be a source of growth for harmful organisms. These germs may be present even when the case looks clean. Putting clean lenses in a dirty or contaminated case makes the lenses unsafe to wear. Always follow the manufacturer's instructions for care of the actual lens case you are using.

## **Rinse lens case**

To prevent contamination and help avoid serious eye infection:

- Always empty the lens case after putting the lenses on your eyes.
- Rinse the case according to the manufacturer's instructions.

## **Replace lens case regularly**

Regular replacement will help prevent case contamination by germs which can be harmful to your eyes.

- Replace the lens case at regular intervals according to the manufacturer's instruction for use.
- If there are no instructions for how often to replace the case, follow the recommendations of your eye care professional.
- **Fresh solution should be used each time the lens is placed in the lens case. Never add fresh solution to old solution since this can increase the risk of lens and lens case contamination and eye infection.**

## **OTHER IMPORTANT INFORMATION**

### ***Using Wetting Drops (Lens Lubricant)***

- If wetting drops are recommended by your eye care professional (such as OPTI-FREE® Rewetting Drops), follow the directions for use provided by the manufacturer. Not all lens lubricants can be used with soft contact lenses.

### ***If a Lens Dries Out***

- If a lens is exposed to air while off the eye it may become dry, brittle, and permanently damaged. If this should occur, discard the lens and use a new one to avoid possible irritation or injury to the eye.

### ***Care for a Sticking Lens***

- If a lens sticks (stops moving) or begins to dry on the eye, apply a lubricating solution recommended for soft lenses according to the manufacturer's instruction for use.
- Wait until the lens begins to move freely on the eye before trying to remove it. If the lens continues to stick, **IMMEDIATELY** consult your eye care professional.

## ***Emergencies***

- If chemicals of any kind (household cleaners, gardening solutions, laboratory chemicals, pesticides, etc.) are splashed into the eyes:
  - **Flush eyes immediately with tap water or fresh saline solution.**
  - **Remove the lenses and place them in the recommended storage solution.**
  - **Call or visit your eye care professional or a hospital emergency room immediately.**

## **INSTRUCTIONS FOR THE PRESBYOPIC PATIENT (multifocal or monovision)**

- Two common methods of using contact lenses for presbyopic vision correction include multifocal or bifocal lenses, and monovision. Like bifocal, trifocal, or progressive addition spectacles, multifocal contact lenses have separate powers for distance and near vision in each lens. This allows the wearer to use both eyes for seeing at all distances. Monovision correction entails the use of standard single vision lenses with a distance powered lens being worn on one eye and a near powered lens on the other eye.
- As with any type of lens correction, there are advantages and compromises with multifocal or monovision correction. The benefit of clear near vision in straight ahead and upward gaze that is available may be accompanied by reduced vision at certain distances or under certain lighting conditions. Some individuals, particularly those wearing monovision lenses may experience reduced depth perception. Some patients experience difficulty adapting to this. Symptoms such as mild blurring, dizziness, headaches and a feeling of slight imbalance, may last briefly or for several weeks as adaptation takes place. The longer these symptoms persist, the poorer your prognosis for successful adaptation.
- During the adaptation period it is recommended that you wear these contact lenses only in familiar situations which are not visually demanding. For example, you should avoid driving an automobile until you are comfortable that your eyes have adjusted. It is recommended that you drive with multifocal or monovision correction only if you can pass the driver's license requirements with your lenses.
- Some patients will never be fully comfortable functioning in low light, such as driving at night. If this happens, you may want to discuss with your eye care professional having additional contact lenses prescribed so that both eyes are corrected for distance when sharp distance vision is required.
- If you perform prolonged close work requiring very sharp near vision you may need to wear spectacles over your lenses or have additional lenses prescribed specifically for this task. You should discuss your specific visual needs with your eye care professional.
- It is important that you follow your eye care professional's advice regarding adaptation to presbyopic vision correction. During the adaptation period you should make careful note of any specific situation where you feel unable to function effectively and safely, and discuss these concerns with your eye care professional.
- The decision to be fit with multifocal lenses or a monovision correction should be made in conjunction with your eye care professional only after carefully considering and discussing your needs.

## **INSTRUCTIONS FOR THE MONOVISION WEARER (spherical or toric)**

- 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 distance 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 drive with monovision correction only if you pass the driver's license requirements with your 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 professional 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 lenses prescribed so that both eyes are corrected for near when sharp near binocular is required.
- Some monovision patients require supplemental spectacles to wear over the monovision contact lens correction to provide the clearest vision for critical tasks. You should discuss this with your eye care professional.
- It is important that you follow your eye care professional'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 professional in conjunction with you, after carefully considering and discussing your needs.

## **LENS CARE PRODUCTS FOR SOFT CONTACT LENSES**

### **CLEAR CARE® Cleaning & Disinfecting Solution**

3% Hydrogen peroxide based solution for cleaning, disinfecting & protein removal

### **CLEAR CARE® PLUS Cleaning & Disinfecting Solution**

3% Hydrogen peroxide based solution for cleaning, disinfecting & protein removal. Contains HydraGlyde\* Moisture Matrix multi-functional block copolymer that is primarily designed for wetting and lubricating silicone hydrogel lenses.

### **OPTI-FREE® PureMoist® Multi-Purpose Disinfecting Solution**

Multi-purpose solution for cleaning, rinsing, disinfecting, and protein removal. Contains HydraGlyde\* Moisture Matrix multi-functional block copolymer that is primarily designed for wetting and lubricating silicone hydrogel lenses.

### **Other ALCON Lens Care Products**

OPTI-FREE® Rewetting Drops  
CLEAR CARE® RINSE & GO®  
Rinsing Solution

Lubricating and rewetting  
Rinsing and storage

## WEARER INFORMATION

### Eye Care Professional:

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

### Contact Lens Information:

Lens Brand/Type: \_\_\_\_\_  
Prescription/Date: \_\_\_\_\_

### ***Wear & Replacement Schedules:***

The wearing and replacement schedules should be determined by your eye care professional. Patients tend to over wear the lenses initially. It is very important to adhere to the initial maximum wearing schedule. Regular checkups, as determined by your eye care professional, are also extremely important.

Alcon recommends up to one month replacement for **AIR OPTIX® AQUA, AIR OPTIX® plus HydraGlyde®, AIR OPTIX® for Astigmatism, AIR OPTIX® plus HydraGlyde® for Astigmatism, AIR OPTIX® AQUA Multifocal and AIR OPTIX® plus HydraGlyde® Multifocal** (Iotrafalcon B) contact lenses.

However, your eye care professional is encouraged to determine a lens replacement schedule based upon the response of the patient.

- ☐ ***Daily Wear Only (less than one day, while awake)***
- ☐ ***Extended Wear (maximum six nights continuous wear). The number of nights you can safely wear lenses overnight will be established during the follow-up visits.***

### ***Initial Wearing Schedule:***

Day	Date (Month/Day)	Wearing Time (# Hours)	Day	Date (Month/Day)	Wearing Time (# Hours)
1	_____	_____	6	_____	_____
2	_____	_____	7	_____	_____
3	_____	_____	8	_____	_____
4	_____	_____	9	_____	_____
5	_____	_____	10	_____	_____

### ***Replacement Schedule:***

Replace lenses every \_\_\_\_\_ days or every \_\_\_\_/\_\_\_\_ weeks

### ***LENS CARE SUPPLIES (Product Name or Manufacturer):***

Saline Solution: \_\_\_\_\_ Disinfecting Solution: \_\_\_\_\_

Daily Cleaning Solution: \_\_\_\_\_ Lens Wetting Drops: \_\_\_\_\_

### ***Appointment Schedule***

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

***Important: In the event that you experience difficulty wearing your lenses or do not understand the instructions given you, DO NOT WAIT for your next appointment. Phone your eye care professional immediately.***





Alcon Laboratories, Inc.  
6201 South Freeway  
Fort Worth, TX  
76134-2099, USA

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[www.alcon.com](http://www.alcon.com)  
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