

# AIR OPTIX<sup>®</sup> NIGHT & DAY<sup>®</sup> AQUA



**INSTRUCTIONS FOR USE - THIS LEAFLET CONTAINS IMPORTANT PRODUCT USE AND SAFETY INFORMATION. PLEASE READ CAREFULLY AND RETAIN FOR FUTURE REFERENCE. CONTACT LENSES SHOULD ALWAYS BE FITTED BY AN EYE CARE PROFESSIONAL. IT IS ESSENTIAL THAT YOU FOLLOW YOUR EYE CARE PROFESSIONAL'S DIRECTIONS AND ALL LABELLING INSTRUCTIONS FOR PROPER USE OF YOUR CONTACT LENSES AND LENS CARE PRODUCTS.**


## PRODUCT NAME

**AIR OPTIX NIGHT & DAY AQUA**

## MATERIAL AND PACKAGING

AIR OPTIX NIGHT & DAY AQUA soft contact lenses contain 76% lotrafilcon A and 24% water.

AIR OPTIX NIGHT & DAY AQUA lenses are tinted light blue to assist handling; the tint contains Cu-phthalocyanine.

AIR OPTIX NIGHT & DAY AQUA are packaged in strips of individual blister packs with buffered saline containing 1% Copolymer 845 and are steam sterilised. 

High Oxygen Permeable Lenses, Dk = 140 (175 Dk/t at -3.00D, c.t. 0.08mm, at 35°C).

Use only if pack and printed foil are intact.

## INTENDED USE

Vision Correction

All NIGHT & DAY are intended for the optical correction of vision in persons with non-diseased eyes with minimal astigmatism that does not interfere with vision. NIGHT & DAY may be worn for daily wear or extended wear for up to 30 nights and days of continuous wear as recommended by your eye care professional. NIGHT & DAY are intended for monthly replacement.

Therapeutic Use

NIGHT & DAY are also intended for therapeutic use as a bandage to protect the cornea, to relieve corneal pain, and to aid corneal healing in the treatment of acute or chronic ocular pathologies such as bullous keratopathy, corneal erosions, entropion, corneal edema, and corneal dystrophies as well as post-surgical conditions resulting from cataract extraction and corneal surgery. NIGHT & DAY for therapeutic use can also provide optical correction during healing if required.

## RECOMMENDED WEAR AND REPLACEMENT SCHEDULE

In the interest of maintaining the health of your eyes, the wearing schedule should be determined by your eye care professional.

- NIGHT & DAY have been developed to be worn on a continuous wear basis for up to 30 nights and days, and then discarded. After one night without lens wear, start the next wearing period with a fresh new lens. Since individual responses to contact lenses vary, your eye care professional may recommend that you wear your lenses for shorter continuous wear periods. Not everyone can reach the maximum wear time of 30 continuous nights and days.
- If for any reason you have to remove and reinsert your NIGHT & DAY lenses before the scheduled replacement date, follow the lens care recommendations of your eye care professional before reinsertion.
- FOR THERAPEUTIC USE, close professional supervision is necessary. NIGHT & DAY can be worn on a continuous wear

basis for up to 30 nights and days or for shorter periods as directed by the eye care professional. Your eye care professional will provide specific instructions regarding lens removal and insertion.

- The lenses must be discarded after one month of wear.

## HANDLING YOUR LENSES

Your eye care professional should provide you with detailed contact lens insertion and removal instructions.

Always wash and dry your hands before handling lenses. Gently shake the blister pack before opening. Peel back the foil lid. Pour the lens into the palm of your hand or if necessary, gently slide the lens out of the container using your forefinger. Ensure the lens is not inside out and that you have the appropriate lens for that eye. Inspect your lenses prior to insertion. Do not insert if damaged.

When removing your lens, make sure that your hands are completely dry. Blink fully several times, then while looking up, slide the lens down onto the white part of the eye. Remove the lens by gently pinching it between the thumb and forefinger.

If the lens decentres on the eye, close your eye and gently massage the eyelid to return the lens to the central position. If this problem persists, consult your eye care professional.

Never use tweezers, suction cups, sharp objects or your fingernails to remove your lenses from the lens container or your eyes.

FOR THERAPEUTIC USE, your eye care professional may instruct you NOT to insert or remove your lenses by yourself. Under these circumstances, your eye care professional will insert and remove your lenses for you.

## TAKING CARE OF YOUR LENSES

- CORRECT CARE OF YOUR LENSES IS ESSENTIAL.
- DISINFECT your lenses each time they are removed to destroy harmful germs and to ensure safe and comfortable contact lens wear.
- A separate CLEANING and RINSING step may be recommended by your eye care professional to remove contaminants from the lens surface. In addition, your lenses may require periodic enzymatic cleaning to remove protein.
- Your eye care professional should choose the lens care system most suitable for you.
- Ask your eye care professional before using any alternative lens care products.
- Do not alternate or mix lens care products from different systems.
- Use only soft contact lens care products following the manufacturer's instructions.
- DO NOT USE HEAT NOR ANY PRODUCT DESIGNED FOR HARD OR RIGID GAS PERMEABLE LENSES.

Always remember the following:

- Always wash, rinse and dry your hands before handling your contact lenses.
- Never store lenses overnight in saline only. Saline will NOT protect your lenses from germs and your eyes from possible infection.
- Never re-use the solution in your lens case.
- Never use solutions that are past their expiry date.
- Rinse your lens case every time you remove your lenses from it. Use sterile saline or fresh lens care solution and, if appropriate, allow to air dry. This helps avoid contamination and serious eye injury.
- Replace your lens case regularly.

IF YOU HAVE NOT WORN YOUR LENSES FOR A FEW DAYS, follow the instructions given for your contact lens care regimen and, if applicable, clean and disinfect your lenses prior to insertion.

### WHEN NOT TO WEAR LENSES

Contact lenses should not be worn in conjunction with certain health or environmental conditions. Conditions that may prevent or interfere with safe contact lens wear include:

- Allergy, inflammation, infection or irritation in or around the eye or eyelids.
- Periods of poor health, such as severe colds or influenza.
- The use of some medications, including eye medications.
- Inadequate tear film (dry eyes).
- Excessively dry or dusty environments that make contact lens wear uncomfortable.
- Water sports without the use of goggles.

Consult your eye care professional specifically regarding these or other conditions.

FOR THERAPEUTIC USE, your eye care professional may prescribe NIGHT & DAY to aid in the healing process of certain corneal conditions.

### POSSIBLE PROBLEMS

Although soft contact lenses provide many benefits to the wearer, it is possible that problems might occur and may be first noticed as one or more of the following signs:

- Feeling of something in the eye
- Uncomfortable lens
- Eye redness
- Sensitivity to light
- Burning, stinging, itching or watering eyes
- Reduced sharpness of vision
- Rainbows or halos around lights
- Increased eye secretions
- Discomfort/pain
- Severe or persistent dry eyes

These symptoms, if ignored, may lead to more serious complications.

DURING THERAPEUTIC USE, an adverse effect may be due to the original disease or injury or may be due to the effects of wearing a contact lens. Your eye care professional should discuss the

possibility that the existing disease or condition might become worse when a soft contact lens for therapeutic use is used to treat an already diseased or damaged eye.

### WHAT TO DO IF A PROBLEM OCCURS

If any of the above symptoms occur:

- IMMEDIATELY REMOVE THE LENS(ES).
- If the discomfort or problem stops, then look closely at the lens(es).
- If the lens(es) is (are) in any way damaged, DO NOT put the lens(es) back on the eye(s): replace with a new lens(es).
- If the lens(es) has (have) dirt, an eyelash, or foreign body on it (them), or the problem stops and the lens(es) appear(s) undamaged, thoroughly clean, rinse and disinfect/neutralise the lens(es), before reinsertion.
- If the above symptoms continue after removal or upon reinsertion of the lens(es) remove the lens(es) IMMEDIATELY, then promptly contact your eye care professional. A serious condition such as infection, corneal ulcer (ulcerative keratitis) or iritis may be present. These conditions could progress rapidly and may lead to permanent loss of vision. Less serious reactions such as abrasions, epithelial staining and bacterial conjunctivitis must be managed and treated properly to avoid complications.
- Occasional dryness may be relieved by the use of lubricating and wetting drops. If dryness persists consult your eye care professional.
- If a lens sticks (stops moving), apply several drops of a lubricating solution and wait until the lens begins to move freely on the eye before attempting to remove it. If the lens continues to stick, IMMEDIATELY consult your eye care professional.

DURING THERAPEUTIC USE, if problems occur or worsen, YOU SHOULD IMMEDIATELY CONTACT YOUR EYE CARE PROFESSIONAL and follow the directions provided.

### ADDITIONAL INFORMATION

Contact lens wear increases the risk of eye infections. The risk of ulcerative keratitis has been shown to be greater among users of extended wear lenses than among users of daily wear lenses. It 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 recognising the signs of a possible problem and following the advice, "What to do if a Problem Occurs". Smoking further increases the risk of ulcerative keratitis for contact lens users. Correct cleaning and regular replacement of the lens case is essential.

FOR THERAPEUTIC USE, medications necessary for treatment should be used with caution under close supervision by your eye care professional.

### IMPORTANT THINGS TO REMEMBER

- Do not share your lenses with anyone as this may spread micro-organisms which could result in serious eye health problems.
- Check your eyes daily to ensure they look well, feel comfortable and your vision is clear.
- You should never exceed the prescribed wearing schedule, even if your lenses still feel comfortable.

- It is recommended that contact lens wearers visit their eye care professional regularly as directed.
- Do not use lenses or lens care products after their expiry date. ☹
- In conditions of low light, wearers of tinted lenses may experience reduced vision of low contrast objects.
- Keep a note of the correct lens power for each eye.
- Be careful while using soaps, lotions, creams, cosmetics or deodorants as they can cause irritation if they come in contact with your lenses.
- Insert your lenses before applying make-up and remove them before taking your make-up off.
- Avoid spraying aerosols such as hair spray near your eyes while wearing your lenses as this may cause irritation.
- Consult your eye care professional about wearing lenses during sporting activities including swimming.
- Remove your lenses when exposed to noxious or irritating vapours.
- Never allow contact lenses to come into contact with non-sterile liquids (including tap water and saliva) as microbial contamination can occur, which may lead to permanent eye damage.
- Inform your employer that you wear contact lenses, especially if your job involves using eye protection equipment.

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