

*If the lens sticks (stops moving) on the eye, follow the recommended directions on **Care For Sticking (non-moving) Lens**. The lens should move freely on the eye for the continued health of the eye. If non-movement of the lens continues, the patient should be instructed to **IMMEDIATELY** consult his or her eye care practitioner.

*Always wash and rinse hands before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, or sprays in the eyes or on the lenses. It is best to put on lenses before putting on makeup. Water-base cosmetics are less likely to damage lenses than oil-base.

*Do not touch contact lenses with the fingers or hands if the hands are not free of foreign materials, as microscope scratches of the lenses may occur, causing distorted vision and/or injury to the eye.

*Carefully follow the handling, insertion, removal, cleaning, disinfection, storing and wearing instructions in the Patient Instructions for the **OPTIMUM GP** (roflufocan A, C, D, and E) or **Optimum GP with HPT** (roflufocan C, D, and E) Contact Lenses and those prescribed by the eye care practitioner.

*Never wear lenses beyond the period recommended by the eye care practitioner.

*If aerosol products such as hair spray are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.

*Always handle lenses carefully and avoid dropping them.

*Avoid all harmful or irritating vapors and fumes while wearing lenses.

*Ask the eye care practitioner about wearing lenses during sporting activities.

*Inform the doctor (health care practitioner) about being a contact lens wearer.

*Never use tweezers or other tools to remove lenses from the lens container unless specifically indicated for that use. Pour the lens into the hand.

*Do not touch the lens with fingernails.
 *Always contact the eye care practitioner before using any medicine or medications in the eyes.
 *Always inform the employer of being a contact lens wearer. Some jobs may require use of eye protection equipment or may require that the patient not wear contact lens.
 *As with any contact lens, follow-up visits are necessary to assure the continuing health of the patient’s eyes. The patient should be instructed as to a recommended follow-up schedule.

ADVERSE REACTIONS:

The following problems may occur:
 *Eyes stinging, burning, itching (irritation), or other eye pain.
 *Comfort is less than when lens was first placed on eye.
 *Feeling that something is in the eye such as a foreign body or scratched area.
 *Excessive watering (tearing) of the eye.
 *Unusual eye secretions.
 *Redness of the eye.
 *Reduced sharpness of vision (poor visual acuity).
 *Blurred vision, rainbows, or halos around objects.
 *Sensitivity to light (photophobia).
 *Dry eyes.

If you notice any of the above, **IMMEDIATELY REMOVE YOUR LENSES.**

*If discomfort or problems stops, then look closely at the lens. If the lens is in any way damaged, **DO NOT PUT THE LENS BACK ON YOUR EYE.** Place the lens in the storage case and contact your eye practitioner. If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, you should thoroughly clean, rinse, and disinfect the lenses: then reinsert them. After reinsertion, if the problem continues, you should **IMMEDIATELY REMOVE THE LENSES AND CONSULT YOUR EYE CARE PRACTITIONER.** When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularization, or iritis may be present. **KEEP LENS OFF THE EYE AND SEEK IMMEDIATE PROFESSIONAL IDENTIFICATION** of the problem and prompt treatment to avoid serious eye damage.

During use for the management of irregular corneal conditions, an adverse effect may be due to the original condition or may be due to the effect of wearing a contact lens. There is a possibility that the existing condition might become worse when a lens is used on an eye with an irregular cornea condition. The patient should be instructed to avoid serious eye damage by contacting the eye care professional **IMMEDIATELY** if there is an increase in symptoms while wearing the lens.

PERSONAL CLEANLINESS and LENS HANDLING BEFORE Handling Your lenses:

Cleanliness is an important aspect of contact lens care.
 Before handling your lenses, always wash and rinse your hands thoroughly and dry them with a lint-free towel. Do not use soaps, lotions, cold creams, or perfumes that leave a residue on your hands. Avoid using medications, creams, deodorants, make-up, after shave lotions, or similar items prior to touching your lenses. When hair spray is used, the eye must be kept closed until the spray has settled. Take care in handling your lenses. Always avoid touching your lenses with your fingernails or other sharp objects. **NEVER WORK DIRECTLY OVER A SINK WITH THE DRAIN OPEN, AS THE LENS MAY BE LOST.**

Handling and Placing the Lenses on the eye:
 1) To avoid the possibility of lens mix-ups, always start with the same lens first.
 2) Before inserting the lens, rinse well with fresh, sterile rinsing solution. Then place the lens on the tip of the index finger of your dominant hand.
 3) Look straight ahead and raise the upper lid with your other index finger.
 4) While looking down, and keeping both eyes open, place the lens on the upper white part of the eye.
 5) Slowly release upper lid, and gently close your eye.
 6) The lens should center automatically, or it can be moved on center by gentle fingertip pressure through the lids.
 7) Repeat the above procedure for the second lens.
 8) If the lens appears to be stuck on your eye, apply a few drops of a recommended lubricating solution to the eye and blink a few times. If the lens does not move freely on your eye, contact your eye care practitioner for further instructions. There is no single “right way” of putting on lenses. If you find this method of lens placement difficult, your eye care practitioner will suggest another method or provide additional information.

Removing the lenses:
Preparation:
 1) Wash and rinse your hands thoroughly.
 2) Dry hands with a lint-free towel.
 3) Check that the lens is centered on the cornea before attempting to remove the lens. Check your vision by covering one eye. If vision is blurry, the lens is off-center. Re-center the lens before attempting to remove it.

Removal:
 1) To avoid the possibility of lens mix-ups, always begin with the same lens.
 2) Look up and keep both eyes open.
 3) Using the middle finger of your dominant hand, gently pull down the lower lid of the first eye. Using the tip of your index finger of the same hand, gently pull at the corner of low/upper lids, the lens should fall out.
 4) Gently “pinch” the lens between the index finger and the thumb and remove.
 5) Repeat the procedure for the second eye.
 6) If the lens cannot be easily moved, apply a few drops of lubricating solution to the eye, blink a few times, and when the lens moves freely on the eye, remove in the manner described above. If the lens still cannot be moved, contact your eye care practitioner for further instruction.
 7) Upon removal, clean each lens with a contact lens cleaner per the procedures described under the heading, CARING FOR YOUR LENSES. Rinse well with rinsing solution and place in the lens storage case filled with fresh storage solution.

IMPORTANT: Always avoid touching your lenses with your fingernails. Use only your fingertips. If you find this method difficult, your eye care practitioner will suggest another method or provide additional instruction. **NEVER WORK DIRECTLY OVER A SINK WITH THE DRAIN OPEN, AS THE LENS MAY BE LOST.** If the lens is chipped, do not put the lens back on your eye. Return the lens to the storage case with fresh solution and contact your eye care practitioner.

CARING FOR YOUR LENSES
Basic Instructions:
 For continued safe and comfortable wearing of your lenses, it is important that you **first clean and rinse, then disinfect** your lenses after each removal, using the care regimen recommended by your eye care practitioner. **Cleaning and rinsing** after lens wear is necessary to remove mucus, secretions, films, or deposits which may have accumulated during wear. The ideal time to clean your lenses is immediately after removing them. **Disinfecting** is necessary to destroy harmful germs.

You should adhere to a recommended care regimen. Failure to follow the regimen may result in development of serious ocular complications as discussed in the warnings section above. If you require only vision correction, but will not or cannot adhere to a recommended care regimen for your lenses, or are unable to place and remove lenses or have someone available to place and remove them, you should not attempt to get and wear contact lenses.

When you first get your lenses, be sure you learn to comfortably put the lenses on and remove them while you are in your eye care practitioner’s office. At that time you will be provided with a recommended cleaning and disinfection regimen and instructions and warnings for lens care, handling, cleaning, and disinfection. Your eye care practitioner should instruct you about appropriate and adequate procedures and products for your use, and provide you with a copy of the Wearer’s Guide for the Optimum GP and Optimum GP with HPT (RGP) Contact Lenses.

For safe contact lens wear, you should know and always practice your lens care routine:

*Always wash, rinse, and dry hands before handling contact lenses.
 *Always use **fresh, sterile unexpired** lens care solutions.
 *Use the recommended system of lens care and carefully follow instructions on solution labeling.
 *Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. **DO NOT ALTERNATE OR MIX LENS CARE SYSTEMS UNLESS INDICATED ON SOLUTION LABELING.**
 *Do not use saliva or anything other than the recommended solutions for lubricating or rewetting lenses. Do not put lenses in the mouth.
 ***Never rinse your lenses in water from the tap.** There are two reasons for this:
 a. Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.
 b. You might lose the lens down the drain.
 *The eye care practitioner should recommend a care system that is appropriate for the Optium GP (RGP) or Optimum GP with HPT (RGP) Contact Lenses. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed.
 ***Clean** one lens first (always the same lens first to avoid mix-ups), **rinse** the lens thoroughly with recommended rinsing or disinfecting solution to remove the cleaning solution, mucus, and film from the lens surface, and put lens into correct chamber of the lens storage case. Then repeat the procedure for the second lens.

*After cleaning and rinsing, **disinfect** lenses using the system recommended by the manufacture and/or your eye care practitioner.
 *To store lens, disinfect and leave them in the closed/unopened case until ready to wear. If lenses are not to be used immediately following disinfection, you should consult the package insert or your eye care practitioner for information on storage of lenses.
 *Always keep your lenses completely immersed in a recommended disinfecting/conditioning solution when the lenses are not being worn. If you discontinue wearing your lenses, but plan to begin wearing them after a few weeks, ask your eye care practitioner for a recommendation on how to store your lenses.
 *Optimum GP (RGP) or Optimum GP with HPT (RGP) Contact Lenses can be disinfected using only a chemical (NOT HEAT) disinfecting system.
 *Contact lens cases can be a source of bacteria growth. After removing the lenses from the case, empty and rinse the lens storage case with solution as recommended by the lens case manufacture; then allow the lens case to air dry. When the case is used again, refill it with storage solution. Replace lens case at regular intervals as recommended by the lens case manufacture or your eye care practitioner.
 *Your eye care practitioner may recommend a lubricating/rewetting solution for your use.

Lubricating/Rewetting solutions can be used to wet (lubricate) your lenses while you are wearing them to make them more comfortable.

Specific Instructions for Use and Warnings:

a. Soaking and Storing the Lenses
Instruction for Use:
 • Use only fresh multi-purpose (contact lens disinfecting) solution each time the lenses are soaked (stored).

WARNING:
 • Do not reuse or “top off” old solution left in the 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 the case.

b. Rub and Rinse Time
Instruction for Use:
 • Rub and rinse the lenses according to the recommended lens rubbing and rinsing times in the labeling of the multi-purpose solution to adequately disinfect the lenses.

WARNING:
 • Rub and rinse the lenses for the recommended amount of time to help prevent serious eye infections.
 • Never use water, saline solution, or rewetting drops to disinfect the lenses. These solutions will not disinfect the 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 the lens case according to the directions given by the eye care professional or the labeling that came with the case.
 • Contact lens cases can be a source of bacterial growth.

WARNING:
 • Do not store the lenses or rinse the lens case with water or any non-sterile solution. Only use fresh multi-purpose solution to prevent contaminating the lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.

d. Water Activity
Instruction for Use:
 • Do not expose the contact lenses to water while wearing them.

WARNING:
 • Water can harbor microorganisms that can lead to severe infection, vision loss or blindness. If the lenses have been submersed in water when swimming in pools, lakes or oceans, the patient should discard them and replace them with a new pair. The patient should ask the eye care practitioner (professional) for recommendations about wearing the lenses during any activity involving water.

e. Discard Date on Multipurpose Solution Bottle
Instruction for Use:
 • Discard any remaining solution after the recommended time period indicated on the bottle of multipurpose solution used for disinfecting and soaking the contact lenses.
 • The Discard date refers to the time the patient 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 the 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 the solution, **DO NOT** transfer to other bottles or containers.

Care for a sticking (non-moving) lens:
 If the lens sticks (cannot be removed), the patient should be instructed to apply 3 to 4 drops of the recommended lubricating or rewetting solution directly to the eye and wait until the lens begins to move freely on the eye before removing it. If non-movement of the lens continues after 15 minutes, the patient should **IMMEDIATELY** consult the eye care practitioner.

Chemical (NOT HEAT) Lens Disinfection:
 1. Wash and rinse your hands thoroughly **BEFORE HANDLING LENSES.**
 2. After removal of lenses, **CLEAN** the lenses by applying three drops of cleaning solution to each surface. Then rub the lens between your fingers for 20 seconds.
 3. **AFTER CLEANING**, thoroughly rinse both surfaces of the lens with a steady stream of **fresh, sterile unexpired** rinsing solution for approximately 10 seconds.
 4. Fill contact lens case with the recommended disinfection and storage solution and place lenses in the proper cells for the time specified in the solution label.

Note: DO NOT HEAT THE DISINFECTION SOLUTION AND LENSES.

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, sterile rinsing solution prior to placement on the eye should reduce the potential for irritation.
 • When using hydrogen peroxide lens care systems, use **ONLY the lens case provided with the hydrogen peroxide care system. This case is specially designed to neutralize the solution.** Failure to use the specialized case will result in severe stinging, burning, and injury to the eye. Follow the recommendations on the hydrogen peroxide system labeling exclusively. Following disinfection with a peroxide system, the lenses should be rinsed with sterile saline.

INSTRUCTIONS FOR MONOVISION AND MULTIFOCAL WEARERS

• You should be aware that as with any type of lens correction, there are advantages and compromises to monovision contact lens therapy and multifocal contact lenses. The benefit of clear near vision in straight ahead and upward gaze that available with monovision and multifocal contact lenses 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 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 only drive with monovision or multifocal correction if you pass you state drivers license requirements with the correction.

• Some monovision or multifocal 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 or multifocal patients require supplemental spectacles to wear over the monovision or multifocal 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 and multifocal contact lenses. You should discuss any concerns that you may have during and after the adaptation period.

• The decision to be fit with monovision or multifocal correction is most appropriately left to the eye care practitioner in conjunction with you, after carefully considering and discussing your needs.

LENS DEPOSITS AND USE OF ENZYMATIC CLEANING PROCEDURE

The eye care practitioner may recommend enzyme cleaning. Enzyme cleaning removes protein deposits on the lens. These deposits cannot be removed with regular cleaners. Removing protein deposits is important for the well being of the patient’s lenses and eyes. If these deposits are not removed, they can damage the lenses and cause irritation. Enzyme cleaning does NOT replace routine daily cleaning and disinfecting. For enzyme cleaning, the patient should carefully follow the instructions in the enzymatic cleaning labeling.
Enzymatic cleaning is not recommended with the Optimum GP with HPT (RGP) Contact Lenses

Lens Case Cleaning and Maintenance:
 Contact lens cases can be a source of bacteria growth. After removing the lenses from the case, empty and rinse the lens storage case with solution as recommended by the lens case manufacturer; then allow the lens case to air dry. When the case is used again, refill it with disinfecting solution. Replace lens case at regular intervals as recommended by the lens case manufacture or your eye care practitioner.

EMERGENCIES:
 If any chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc. are splashed into the eyes, you should:
FLUSH EYES IMMEDIATELY WITH TAP WATER AND IMMEDIATELY CONTACT YOUR EYE CARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.

WHEN TO CALL YOUR EYE CARE PRACTITIONER

Certain symptoms may be early indicators of potentially serious problems. A careful examination of your lens, and professional examination of your eyes, may be required. Remove the lens following the instructions outlined in this guide, and call your eye care practitioner if:
 1) Your eye becomes red and feels irritated or “gritty”.
 2) You notice a change in your vision or see rainbows or halos around objects.
 3) You experience discomfort and/or sensitivity to lights.

A good general policy is: “ IF IN DOUBT ... TAKE THE LENS OUT ” and contact your eye care practitioner.

Learn and Use Proper lens Care Habits:
 1) Follow Instructions.
 2) Handle Lenses Properly.
 3) Learn How to Put On and Take Off Your Lenses.
 4) Keep Your Lenses Clean.
 5) Disinfection is a Necessary Security.

WEARING SCHEDULE: THE WEARING AND REPLACEMENT SCHEDULES SHOULD BE DETERMINED BY YOUR EYE CARE PRACTITIONER.

The maximum suggested wearing schedule for the Optimum GP with HPT (RGP) Contact Lens is reflected below.

<u>DAY</u>	<u>HOURS</u>
1	3
2	4
3	5
4	6
5	7
6	8
7	9
8	10
9	11
10 – 14	12
15+	All waking hours

STUDIES HAVE NOT BEEN COMPLETED TO SHOW THAT THE OPTIMUM GP OR THE OPTIMUM GP WITH HPT (RGP) CONTACT LENS IS SAFE TO WEAR DURING SLEEP. WEARING SCHEDULES SHOULD BE DETERMINED BY THE EYE CARE PRACTITIONER.

APPOINTMENT SCHEDULE:

Your appointments are on:

Month	Year	Time	Day
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IMPORTANT:
 In the event that you experience any difficulty wearing your lenses or you do not understand the instructions given you, **DO NOT WAIT** for your next appointment. **TELEPHONE YOUR EYE CARE PRACTITIONER IMMEDIATELY.**

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