PACKAGE INSERT
APEX® OVERNIGHT ORTHOKERATOLOGY CONTACT LENSES
RIGID GAS PERMEABLE CONTACT LENSES FOR OVERNIGHT WEAR

IMPORTANT:
Please read carefully and keep this information for future use. This package insert is intended for the eye care practitioner but should be made available to patients upon request. The eye care practitioner should provide the patient with the patient instructions that pertain to the patient's prescribed lens.



Caution: Apex® Overnight Orthokeratology Contact Lenses are shipped to the practitioner non-sterile. Clean and condition lenses prior to use.

WARNING!
INSPECT LENS PRIOR TO USE. NEVER DISPENSE OR APPLY A CRACKED, CHIPPED, OR OTHERWISE DAMAGED LENS TO THE OCULAR SURFACE.

Note: The safety and efficacy of the "APEX OVERNIGHT ORTHOKERATOLOGY CONTACT LENSES" device have not been clinically studied in adolescent and pediatric subjects.

DESCRIPTION
Apex® Orthokeratology Contact Lenses are lathe cut contact lenses with spherical posterior surfaces. The posterior curve is selected so as to property fit an individual eye for orthokeratology and the anterior curve selected to provide the necessary optical power for a temporary reduction of myopia. A peripheral curve system on the posterior surface allows tear exchange between the lens and the cornea.
Apex® Overnight Orthokeratology Contact Lenses are wettable, rigid gas permeable contact lenses that are made from medical grade polymers and are available in a variety of colours.

Available Lens Design Parameters:
- Chord Diameter: 9.00mm to 12.00mm
- Center Thickness: 0.08mm to 0.50mm
- Base Curve: 5.5mm to 12.75mm
- Back Vertex Power: -5.00 to +5.00 Diopters

ACTIONS
Apex® Overnight Orthokeratology Contact Lenses produce a temporary reduction of myopia by changing the shape (flattening) of the cornea, which is elastic in nature. Flattening the cornea reduces the focusing power of the eye, and if the amount of corneal flattening is properly controlled, it is possible to bring the eye into correct focus and compensate for myopia. Contact lenses rest directly on the corneal tear layer and can influence the corneal shape. Regular contact lenses are designed to cause little or no effect but Apex® Overnight Orthokeratology Contact Lenses are designed to purposely flatten the shape of the cornea by applying slight pressure to the center of the cornea while the patient is asleep If the central cornea is flattened, this reduces the focusing power of the eye, and if the amount of corneal flattening is sufficient, it is possible to bring the eye into correct focus and compensate for myopia.
After the lens is removed, the cornea retains its altered shape for all or most of one's waking hours. The lenses are designed to be worn overnight with removal during the following day. The Apex® Overnight Orthokeratology Contact Lens must be worn while sleeping on a regular schedule to maintain the orthokeratology effect, or the myopia will revert to the pre-treatment level.

INDICATIONS (USES)
Apex® Overnight Orthokeratology Contact Lenses are indicated for use in the reduction of myopic refractive error in non-diseased eyes. The lenses are indicated for overnight wear for the temporary reduction of myopia up to 5.00 diopters in eyes with astigmatism up to 1.50 diopters. The lenses may be disinfected using only a chemical disinfection system.
Note: To maintain the Orthokeratology effect of myopia reduction, overnight lens wear must be continued on a prescribed schedule. Failure to do so can affect daily activities (e.g., night driving), visual fluctuations and changes in intended correction.

CONTRAINDICATIONS (REASONS NOT TO USE)
DO NOT USE Apex® Overnight Orthokeratology Contact Lenses when any of the following conditions exist:
- Acute and sub-acute inflammations or infection of the anterior chamber of the eye
- Any eye disease, injury, or abnormality that affects the cornea, conjunctiva or eyelids
- Severe insufficiency of tears (dry eyes)
- Corneal hypoesthesia (reduced corneal sensitivity)
- Any systemic disease which may affect the eye or be exacerbated by wearing contact lenses
- Allergic reactions of ocular surfaces or adnexa which may be induced or exaggerated by wearing contact lenses or use of contact lens solutions
- Allergy to any ingredient in a solution which is to be used to care for your Apex® Overnight Orthokeratology Lenses
- Any active corneal infection (bacterial, fungal or viral)
- Red or irritated eyes

WARNINGS
Patients should be advised of the following warnings pertaining to contact lens wear:
- Problems with contact lenses and lens care products could result in serious injury to the eye. It is essential that patients follow their eye care practitioner's directions and all labeling instructions for proper use of lenses and lens care products, including the lens case.
  Eye problems, including corneal ulcers, can develop rapidly and lead to loss of vision.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than non-smokers.
- If a patient experiences eye discomfort, excessive tearing, vision changes, or redness of the eye, the patient should be instructed to immediately remove lenses and promptly contact his or her eye care practitioner.
- The risk of ulcerative keratitis has been shown to be greater among wearers of extended wear lenses than among wearers of daily wear lenses. The risk among extended wear lens wearers 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 the storage case. Additionally, smoking increases the risk of ulcerative keratitis for contact lens wearers. It is recommended that contact lens wearers see their eye care practitioner twice each year or, if directed, more frequently.
- Apex® Overnight Orthokeratology Contact Lenses are to be worn overnight with removal during all or part of each following day. Wearing the lenses continuously (extended wear) presents increased risk, which increases with the number of consecutive days that the lenses are worn between removals. Although the Apex® Overnight Orthokeratology Contact Lenses process prescribes only overnight wear with removal during waking hours, and although the safety risks of overnight wear with removal upon wakening may not be as great as with extended wear, there is still increased risk beginning with the first overnight period.

PRECAUTIONS
Eye Care Practitioner
Clinical studies have demonstrated that Apex® Overnight Orthokeratology Contact Lenses are safe and effective for their intended use. However, the clinical studies may not have included all design configurations or lens parameters that are presently available in the all materials.
Consequently, when selecting an appropriate lens design and parameters, the eye care practitioner should consider all factors that affect lens performance and the patient's ocular health; including oxygen permeability, wettability, central and peripheral thickness, and optic zone diameter.
Due to the small number of patients enrolled in clinical investigation of lenses, all refractive powers, design configurations, or lens parameters available in the lens material are not evaluated in significant numbers.
The potential impact of these factors on the patient's ocular health should be weighed against the patient's need for refractive reduction; therefore, the continuing ocular health of the patient, and lens performance on the eye should be carefully monitored by the prescribing eye care practitioner.
Apex® Overnight Orthokeratology Contact Lenses are supplied non-sterile in an individual plastic case. The lens must be cleaned and conditioned prior to use.

Patient
Patients should be informed of the following precautions:
Solution Precautions
- Care of the Apex® Overnight Orthokeratology Contact Lenses may be accomplished with the use of either a two-bottle care regimen (separate conditioning solution and a separate cleaning solution) or a one-bottle care regimen (a multi action solution that is an all-in-one-solution). The use of a water rinse is limited to rinsing off the cleaning solution for a two-bottle care regimen (see package insert for instructions) but a water rinse should not be used with a one-bottle care regimen.
- Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. Use only recommended solutions with the shaping lenses.
- Do not heat the wetting/soaking solution and lenses.
- Always use fresh unexpired lens care solutions.
- Always follow directions in the package inserts of the contact lens solutions used.
- Use only a chemical lens care system. Use of a heat (thermal) lens care system can cause damage by warping Apex® Overnight Orthokeratology Contact Lenses.
- Sterile unpreserved solutions, when used, should be discarded after the time specified in the labeling directions.
- Do not use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- Always keep the lenses completely immersed in the recommended storage solution when the lenses are not being worn (stored).

Handling Precautions
- 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 products.
- Be certain that your fingers or hands are free of foreign material before touching your contact lenses. Microscopic scratches of the lenses may occur, causing distorted vision and/or injury to the eye.
- Carefully follow the handling, insertion, removal, cleaning, disinfecting, storing and wearing instructions in this patient insert and those prescribed by your eye care practitioner.
- Always handle your lenses carefully and avoid dropping them.
- Never use tweezers or other tools to remove lenses from the lens container unless specifically indicated for that use. Pour your lens into your hand.
- Do not touch the lens with your fingernails.
- To minimize lens warpage during cleaning, the lenses should be cleaned in the palm of the hand rather than between the thumb and fingers.

Lens Wearing Precautions
CAUTION: Nonsterile. Clean and condition lenses prior to use.
- If the lens sticks (stops moving) on the eye, follow the recommended directions on Care for a Sticking Lens in the "Instructions for Wearers" patient insert. The lens should move freely on the eye for the continued health of the eye. If non-movement of the lens continues, you should immediately consult your eye care practitioner.
- Never wear your contact lenses beyond the period recommended by your eye care practitioner.
- Avoid, if possible, all harmful or irritating vapors and fumes when wearing lenses.
- If aerosol products such as sprays are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.

Lens Case Precautions
- Contact lens cases can be a source of bacterial growth. To prevent contamination and to help avoid serious eye injury, always empty and rinse the lens case with fresh, sterile rinsing solution and allow to air dry.
- Lens case should be replaced monthly.

Discuss these topics with each patient:
- Wear of contact lenses during sporting activities
- Use of any medication in your eye
- Importance of adhering to the recommended follow-up schedule to assure the continuing health of your eyes
- Informing your doctor (health care practitioner) about being a contact lens wearer
- Informing your employer of being a contact lens wearer. Some jobs may require the use of eye protection equipment or may require that contact lenses not be worn during work hours
- What should be done if vision is inadequate during the day

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

If the patient notices any of these conditions, the patient should be instructed to IMMEDIATELY REMOVE THE LENSES.
The patient should be advised to follow these instructions:
- If the discomfort or problem stops, then look closely at the lens.
- If the lens is in any way damaged, DO NOT put the lens back on the eye. Place the lens in the storage case and contact the eye care practitioner.
- If the lens has dirt, an eyelash, or other foreign objects on it, or the problem stops, and the lens appears undamaged, thoroughly clean, rinse and disinfect the lens; then reinsert it.

If the problem continues, the patient should IMMEDIATELY REMOVE THE LENSES AND CONSULT THE EYE CARE PRACTITIONER.
When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularization, and iritis may be present. The patient should be instructed to keep the lens off the eye and seek immediate professional identification of the problem and prompt treatment to avoid serious eye damage including corneal scarring, opacification, blindness or loss of eye.

FITTING
Caution: Apex® Overnight Orthokeratology Contact Lenses should be fitted only by a contact lens fitter trained and certified in the fitting of conventional (non-reverse geometry) and reverse geometry contact lenses
Conventional methods of fitting contact lenses DO NOT APPLY to Apex® Overnight Orthokeratology Contact Lenses. For a detailed description of the fitting techniques, refer to the Apex® Overnight Orthokeratology Professional Fitting and Information Guide, copies of which are available from: Precision Technology Services, Eastern Canada - 7-38 Cowansview Rd, Cambridge, ON, Canada. N1R 7N3, Phone:1-800-263-3973 and Western Canada - 866 E. Cordova St. Vancouver, BC V6A 1M4 • 1-800-663-4248

WEARING SCHEDULE
Although many practitioners have developed their own initial wearing schedules, the following sequence is recommended as a guideline. Patients should be cautioned to limit the wearing schedule as recommended by their eye care practitioner regardless of how comfortable the lenses feel.

Wearing Schedule: On night one, lenses should be inserted at a time early enough to achieve 8 to 10 hours of closed eye wearing time (sleep). A well fit lens provides for centration with the eye closed. The effects of lid interaction on blinking and gravity may result in lens decentration during open eye wear. The patient should place the lens(s) in their eye 15 to 20 minutes before going to sleep.
Be aware "when in doubt, take it out". It is important that the new wearer not sleep in a lens that has a significant foreign body sensation. In the event of foreign body sensation, instruct the patient to remove the lens, clean and re-wet it; and again, place the lens in the eye. If the sensation continues, remove the lens. The lens should not be worn.

Appointment Schedule: The patient should report for follow-up evaluation the morning after the first overnight wear. The visit is best scheduled within a few hours of awakening and the patient should report with lenses in place. This visit provides an excellent opportunity
to evaluate lens centration and potential lens adherence. Upon the absence of clinical signs and complications, the patient may be instructed to continue overnight wear of the lenses until the next scheduled follow-up visit.
An alternate daytime wear schedule may be offered at the practitioner's discretion.

Myopic Reduction Maintenance Lens (Retainer Lens) Schedule:
After a period of several days, or when the eye care practitioner is satisfied that the patient has adapted to the Apex® Overnight Orthokeratology Contact Lenses, the eye care practitioner may optimize the wearing schedule for an individual patient to monitor the duration of visual improvement. This may continue as long as the patient can see clearly. When it is found that the patient experiences a visual decrement following lens removal, the schedule of overnight wear must be modulated to maintain visual performance.

LENS CARE DIRECTIONS
Eye care practitioners should review with the patient lens care directions, including both basic lens care information and specific instructions on the lens care regimen recommended for the patient.
Apex® Overnight Orthokeratology Contact Lenses cannot be heat (thermally) disinfected. The lens care products listed below are recommended for use with the Apex® Overnight Orthokeratology Contact Lenses. Eye care practitioners may recommend alternate products that are appropriate for the patient's use with his or her lens(es).

LENS CARE TABLE

Product Purpose	Lens Care System *Chemical (Not Heat)*
Clean	Boston Advance® Cleaner or Boston® Cleaner
Disinfect	Boston Advance® Comfort Formula Conditioning Solution or Boston® Conditioning Solution
Store	Boston Advance® Comfort Formula Conditioning Solution or Boston Conditioning Solution
Multi-Action	Boston SIMPLUS™ Multi-Action Solution
Lubricate/Rewet	Boston® Rewetting Drops
Enzymatic Cleaner	Boston® One Step Enzymatic Liquid Enzymatic Cleaner

The directions found in the package inserts from these products should be followed. Failure to adhere to these Procedures may result in the development of serious ocular complications (Note: Some solutions may have more than one function, which will be indicated on the label). Read the label on the solution bottle, and follow instructions. A patient should not switch from one care system to another unless it has been determined by the eye care practitioner that this is necessary. **Do not mix or alternate the disinfection and storage systems unless so indicated on the product label, or if advised by the eye care practitioner.**
Inform the patient of the following lens care suggestions:
- Always wash, rinse and dry your hands before handling lenses
- Never use tweezers or other tools to remove your lenses from the lens container. Pour the lens from the case into your hand.
- Apex® Overnight Orthokeratology Contact Lenses must be both cleaned and disinfected each time you remove them.
- One procedure does not replace the other. Cleaning is necessary to remove mucus and film from the lens surface.
- Disinfecting is necessary to destroy harmful germs. To minimize lens warpage during cleaning, the lenses should be cleaned in the palm of the hand rather than between the thumb and fingers.
- Clean one lens first. The recommended procedure is to always clean the same lens first to avoid mix-ups.
- Rinse the lens thoroughly to remove the cleaning solution. Place the lens into the correct storage chamber and fill the chamber with the recommended disinfecting solution as recommended by your eye care practitioner. Clean and rinse the other lens in the same manner and place it in its chamber.
- Tightly close the top of each chamber of the lens storage case.
- To disinfect lenses, leave them in the solution for at least the period indicated on the product label.
- Leave the lenses in the closed storage case until ready to put them in eye. If lenses are not to be used immediately following disinfection, the patient should be instructed to consult the package insert or the eye care practitioner for information on storage of lenses.

LENS CASE CLEANING AND MAINTENANCE
Contact lens cases can be a source of bacteria growth. Lens cases should be emptied, cleaned, rinsed with solutions recommended by the case manufacturer (DO NOT USE TAP WATER), and allowed to air dry. Lens cases should be replaced at regular intervals as recommended by the eye care practitioner.

ENZYME CLEANING
The eye care practitioner may recommend enzyme cleaning. Enzyme cleaning does not replace routine cleaning and disinfecting. The patient should carefully follow the instructions in the enzymatic cleaning labeling.

CARE FOR A STICKING (NON-MOVING) LENS
If the lens sticks (stops moving/cannot be removed), the patient should be instructed to apply one to three drops of a 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 5 minutes, the patient should immediately consult the eye care practitioner.

EMERGENCIES
If chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into the eyes, the patient should flush eyes immediately with tap water and then remove lenses promptly. The patient should CONTACT THE EYE CARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.

HOW SUPPLIED
Each lens is supplied non-sterile in a plastic case. The invoice is marked with the base curve, power in diopters, diameter, center thickness, colour, plus other pertinent parameters and Lot number.

REPORTING OF ADVERSE REACTIONS:
All serious adverse experiences and adverse reactions observed in patients wearing or experienced with the lenses should be reported immediately to the manufacturer:

PRECISION
TECHNOLOGY SERVICES

Manufacturer: 7-38 Cowansview Rd. Cambridge, ON N1R 7N3 • 1-800-263-3973

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Patient Information Guide
APEX® OVERNIGHT ORTHOKERATOLOGY CONTACT LENSES
RIGID GAS PERMEABLE CONTACT LENSES FOR OVERNIGHT WEAR

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PRECAUTIONS

Specific Precautions

- Clinical studies have demonstrated that the materials used to manufacture Apex Overnight Orthokeratology contact lenses materials are safe and effective for their intended use. However, the clinical studies may not have included all design configurations or lens parameters that are presently available in the materials. Consequently, when selecting an appropriate lens design and parameter the eye care practitioner should consider all factors that effect lens performance and ocular health. The potential impact of these factors should be weighed against the patient's needs; therefore, the continuing ocular health of the patient and lens performance on the eye should be carefully monitored.
- Patients should be instructed to follow the instructions below in order to prevent damage to their eyes or lenses.

Note: The safety and efficacy of the "APEX OVERNIGHT ORTHOKERATOLOGY CONTACT LENSES" device have not been clinically studied in adolescent and pediatric subjects.

Solution Precautions

- Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. Use only recommended solutions with the contact lenses.
- Do not heat the wetting/soaking solution and lenses.
- Always use fresh unexpired lens care solutions.
- Always follow directions in the package inserts of the contact lens solutions used.
- Use only a chemical lens care system. Use of a heat (thermal) lens care system can cause damage by warping Apex Overnight Ortho-K contact lenses.
- Sterile unpreserved solutions, when used, should be discarded after the time specified in the labeling directions.
- Do not use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- Always keep the lenses completely immersed in the recommended storage solution when the lenses are not being worn (stored).

Handling Precautions

- 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 products.
- Be certain that your fingers or hands are free of foreign material before touching your contact lenses, as microscopic scratches of the lenses may occur, causing distorted vision and /or injury to the eye.
- Carefully follow the handling, insertion, removal, cleaning, disinfecting, storing and wearing instructions in this patient insert and those prescribed by your eye care practitioner.
- Always handle your lenses carefully and avoid dropping them.
- Never use tweezers or other tools to remove your lenses from the lens container unless specifically indicated for that use. Pour your lens into your hand.
- Do not touch the lens with your fingernails.
- To minimize lens warpage during cleaning, the lenses should be cleaned in the palm of the hand rather than between the thumb and fingers.

Lens Wearing Precautions

- If the lens sticks (stops moving) on the eye, follow the recommended directions on Care for a Sticking Lens in this patient insert. The lens should move freely on the eye for the continued health of the eye. If nonmovement of the lens continues, you should immediately consult your eye care practitioner.
- Never wear your contact lenses beyond the period recommended by your eye care practitioner.
- Avoid, if possible, all harmful or irritating vapors and fumes when wearing lenses.
- If aerosol products such as sprays are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.

Lens Case Precautions

- Contact lens cases can be a source of bacterial growth. To prevent contamination and to help avoid serious eye injury, always empty and rinse the lens case with fresh, sterile rinsing solution and allow to air dry.
- Lens cases should be replaced at regular intervals as recommended by the lens case manufacturer or eye care practitioner.

Topics to Discuss with the Eye care Practitioner

- Ask your eye care practitioner about wearing your lenses during sporting activities.
- Always contact your eye care practitioner before using any medicine in your eyes.
- As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes. You should be instructed as to a recommended follow-up schedule.

Who Should Know That the Patient is Wearing Contact Lenses

- Inform your doctor (health care practitioner) about being a contact lens wearer.
- Always inform your employer of being a contact lens wearer. Some jobs may require the use of eye protection equipment or may require that you not wear contact lenses.

ADVERSE EFFECTS

You should be informed that 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 of something in the eye such as a foreign body or scratched area.
- Excessive watering (tearing) of the eyes
- Unusual eye secretions
- Redness of the eyes
- 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 the discomfort or problem 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 care practitioner. If the lens has dirt, an eyelash, or other foreign objects on it, or the problem stops and the lens appears undamaged, you should thoroughly clean, rinse and disinfect the lens; then reinsert it. If the problem continues, you should IMMEDIATELY remove the contact 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. You should be instructed to keep the lens off the eye and seek immediate professional identification of the problem and prompt treatment to avoid serious eye damage.

PERSONAL CLEANLINESS FOR LENS HANDLING

1. Preparing the Lens for Wearing:

It is essential that you learn and use good hygienic methods in the care and handling of your new lenses. Cleanliness is the first and most important aspect of proper contact lens care. In particular, your hands should be clean and free of any foreign substance when you handle your lenses. The procedures are:
Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses.
Avoid the use of soaps containing cold cream, lotion, or oily cosmetics before handling your lenses, since these substances may come into contact with the lenses and interfere with successful wearing.
To avoid damaging your lenses, handle them with your fingertips, and be careful to avoid contact with your fingernails. It is helpful to keep your fingernails short and smooth.
Start off correctly by getting into the habit of always using proper hygienic procedures so that they become automatic.

2. Handling the Lenses:

Develop the habit of always working with the same lens first to avoid mix-ups.
Remove the lens from its storage case and examine it to be sure that it is moist, clean, clear, and free of any nicks and tears.

3. Placing the Lens on the Eye:

Work over a table, upon which is placed a clean towel.
Do not place lenses on the eye while working over a sink.
For the right eye:
Wet the forefinger of the right hand and place the contact lens on the forefinger of the right hand.
Apply 2-3 drops of preservative free sterile saline or artificial tear to the bowl of the lens
Place the second finger of the left hand on the middle of the upper lid and press upward firmly.
Place the second finger of the right hand on the lower lid and press downward firmly.
Stare into a mirror as though looking through the second finger holding the contact lens. You will later learn to do this without a mirror.
Slowly move the hand to advance the forefinger with the contact lens towards the cornea until the lens touches the cornea and release the lids.
Release the lid and close the eye for a few seconds.
Repeat for the left eye.
There are other methods of lens placement. If the above method is difficult for you, your eye care practitioner will provide you with an alternate method.
Note: If after placement of the lens your vision is blurred, check for the following:
The lens is not centered on the eye (see "Centering the Lens", next section in this patient insert).
If the lens is centered, remove the lens (see "Removing the Lens" section and check for the following:

a. Cosmetics or oils on the lens. Clean, rinse, disinfect, and place on the eye again.
b. The lens is on the wrong eye.

If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult your eye care practitioner.

4. Centering the Lens:

Very rarely, a lens that is on the cornea will be displaced onto the white part of the eye during lens wear. This can also occur during placement and removal of the lenses if the correct techniques are not performed properly. To center a lens follow the procedure below.
First locate the lens by pulling away the lids. After the lens is found, gently press on the lid over the lens while looking away from the direction of the lens. Next look back towards the lens.

5. Removing the Lens:

Always remove the same lens first.
a. Wash, rinse, and dry your hands thoroughly.
b. Work over a table with a clean towel. Do not remove lenses over a sink. Place the right index finger of the right hand at the outer corner of the eye. Place the left hand cupped below the eye. Open the eyes wide as if to stare. Continue to keep the eyes open and pull the lids sideways away from nose. Blink quickly and firmly.
c. Remove the other lens by following the same procedure.
d. Follow the required lens care procedures described under the heading CARING FOR YOUR LENSES (CLEANING, RINSING, DISINFECTING, STORING AND LUBRICATING/REWETTING).
Note: If this method of removing your lens is difficult for you, your eye care practitioner will provide you with an alternate method.

CARING FOR YOUR LENSES (CLEANING, RINSING, DISINFECTING, STORING AND LUBRICATING/REWETTING

1. Basic Instructions:

For continued safe and comfortable wearing of your lenses, it is important that you clean and rinse, then disinfect your lenses after each removal using the care regimen recommended by your eye care practitioner. Cleaning and rinsing are necessary to remove mucus, secretions, films, or deposits that may have accumulated during wearing. The ideal time to clean, rinse, and disinfect your lenses is immediately after wearing 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.

When you first receive your lenses, practice how to put the lenses on and removing 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.
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 unexpired lens care solutions.

Use the recommended system of lens care, which is chemical (not heat) 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.**
Always remove, clean, rinse, enzyme and disinfect your lenses according to the schedule prescribed by your eye care practitioner. The use of an enzyme or any cleaning solution does not substitute for disinfection.
To avoid contamination, do not use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.
The lens care products listed below are recommended by Applicant's name for use with your Apex Overnight Orthokeratology contact lenses.

Chemical Lens Care System

Product Purpose	Lens Care System *Chemical (Not Heat)*
Clean	Boston Advance® Cleaner or Boston® Cleaner
Disinfect	Boston Advance® Comfort Formula Conditioning Solution or Boston® Conditioning Solution
Store	Boston Advance® Comfort Formula Conditioning Solution or Boston Conditioning Solution
Multi-Action	Boston SIMPLUS™ Multi-Action Solution
Lubricate/Rewet	Boston® Rewetting Drops
Enzymatic Cleaner	Boston® One Step Enzymatic Liquid Enzymatic Cleaner

Note: Some solutions may have more than one function, which will be indicated on the label. Read the label on the solution bottle and follow instructions.
a. Clean - Clean one lens first (always start with the same lens first to avoid mix-ups). Place the lens, front side down, in the palm of the hands and apply several drops of cleaning solution. Using the index finger of the other hand, apply slight pressure in a swirling motion for about X seconds. Do not clean the lens by rubbing it between the thumb and index fingers, as this may cause lens warpage.
b. Rinse - Rinse the lens thoroughly with clean tap water or saline to remove the cleaning solution, mucus, and film from the lens surface. Place that lens into the correct chamber of the lens storage case. Then repeat the procedure for the second lens.
c. Disinfect - After cleaning and rinsing the lenses disinfect them by using the system recommended by your eye care practitioner and/or the lens manufacturer. Follow the instructions provided in the disinfection solution labeling.
d. Storage - To store lenses, disinfect and leave them in the closed case until ready to wear. If lenses are not to be used immediately following disinfection, you should consult the storage solution package insert or your eye care practitioner for information on storage of your 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 again after a few weeks, ask your eye care practitioner for a recommendation on how to store your lenses.
Note: Apex Overnight Orthokeratology contact lenses cannot be heat (thermally) disinfected.
e. Care of Your Lens Case - Contact lens cases can be a source of bacteria growth. After removing your lenses from the lens case, empty and rinse the lens storage case with solution(s) recommended by the lens case manufacturer; then allow the lens case to air dry. When the case is used again, refill it with fresh disinfecting solution. Lens cases should be replaced at regular intervals as recommended by the lens case manufacturer or your eye care practitioner.
f. Lubricating/Rewetting - Your eye care practitioner will recommend a lubricating/rewetting solution for your use. Lubricating/Rewetting solutions can be used to rewet (lubricate) your lenses while you are wearing them to make them more comfortable.

2. Lens Deposits and Use of Enzymatic Cleaning Procedure:

Enzyme cleaning may be recommended by your eye care practitioner. 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 your lenses and eyes. If these deposits are not removed, they can damage the lenses and cause irritation.
Enzyme cleaning does not replace routine cleaning and disinfecting. For enzyme cleaning, you should carefully follow the instructions in the enzymatic cleaning labeling.

3. Care for a Sticking (Nonmoving) Lens:

If the lens sticks (stops moving) or cannot be removed, you should apply 5 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 30 minutes, you should IMMEDIATELY consult your eye care practitioner.

4. Emergencies:

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

5. Wearing and Appointment Schedules:

Prescribed Wearing Schedule

Day	Wearing Time (Hours)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

PATIENT/EYE CARE PRACTITIONER INFORMATION:

Name: _____

Address: _____

Phone Number _____

Emergency: _____

6.

PRECISION TECHNOLOGY SERVICES

Manufacturer: 7-38 Cowansview Rd. Cambridge, ON N1R 7N3 • 1-800-263-3973

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