

## **Package Insert: BeFreeDay – EDOF (Spherical and Toric)**

It is important to read this leaflet before inserting your soft contact lens. The information summarizes the important points about the contact lens. Consult with your Eyecare Professional.

The soft contact lens is made from a Hydrogel material and is for daily wear.

### **Important**

Please read carefully and keep this information for future use. This package insert is intended for the Eyecare Professional and the user.

### **Description**

The Hydrogel Soft Contact Lenses are manufactured with a hydrophilic material that represents the latest advance in soft lens technology. The Hydrogel materials feature highly purified monomers, 75% water content, and exceptional elongation characteristics – ensuring low levels of lens breakage and high levels of user-comfort.

When the material is in its hydrated state, the lens adapts to the curvature of the eye, encompassing the cornea and extending slightly beyond the limbus forming a transparent optical surface. The soft hydrophilic contact lens has a spherical back surface. The properties of the lens requires it to be kept in a fully hydrated state in solution compatible with the eye. If the lens dries out, it will become hard and appear somewhat warped; however, it will return to its proper configuration when rehydrated in the proper storage solution.

### **Indications and Wearing Instructions**

This contact lens is indicated for daily wear for the correction of Binocular Vision Dysfunction. The lens should be used for a maximum of 16 hours per day and removed for 8 hours; do not use during sleeping.

These lenses are supplied for single patient use and should not be shared between users. They are intended for periodic regular scheduled replacement as instructed by your Eyecare Professional.

### **Contraindications**

Do not use the contact lenses in any of the following conditions:

- Acute and subacute inflammation or infection of the anterior chamber of eye
- Any disease, injury or abnormality that affects the cornea, the conjunctiva, or eyelids, or if the eyes become red or irritated.
- Severe lacrimal secretion (dry eyes) or Corneal hypoesthesia
- Any systemic disease that may be exaggerated by wearing contact lenses.
- Allergic reactions or ocular surfaces or adnexa (surrounding tissue) that may be induced or exaggerated by contact lenses wear or contact lens solution.
- Any active corneal infection (bacterial, fungal, or viral).
- Use of any medication that is contraindicated or interferes with contact lens wear, including ocular medications.
- incomplete corneal healing following eye surgery.

## **Warnings**

You should be advised of the following warnings relating to contact lens wear.

- If the vial is damaged, opened or the parameters cannot be read do not wear the contact lenses – contact your Eyecare Professional immediately.
- Parameters of your contact lens is not to be changed unless you have consulted with your Eyecare Professional.
- Wearing the contact lens while sleeping increases the risk of infection and possible permanent damage to vision.
- Tap water, distilled water, homemade saline solutions, or saliva should NOT be used at any time with contact lenses. The use of tap and distilled water has been associated with Acanthamoeba keratitis, a corneal infection that is resistant to treatment and cure.
- Infections, with possible permanent damage to vision, could result from failure to strictly follow recommended **Directions for Use** and lens care procedures. Problems relating to contact lens wear can result in serious injury to the eye. It is imperative that the patient consults with an Eyecare Professional regarding proper use of the contact lens. Adequate follow-up by an Eyecare Professional is essential for the safe use of the contact lens.
- Eye problems, including corneal ulcers can develop rapidly and lead to loss of vision.
- If there is an adverse reaction to the wearing of the contact lens, including eye discomfort, excessive tearing, blurred vision or eye redness, remove the lens immediately and consult your Eyecare Professional before resuming use of the contact lens.
- Contact lenses are not to be stored in the lens case with water or any non-sterile solution. Only use fresh soft contact lens solution so it does not contaminate the lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.

## **Precautions**

- Do not use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- Only use solutions recommended for soft contact lenses.
- Always wash and rinse hands before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, aerosol products or hair sprays in the eyes or on the lenses. It is best to put on lenses before putting on make-up. Water-based cosmetics are less likely to damage lenses than oil-based products.
- Seek advice from your Eye Care Professional if your lens is to be stored for extended periods.
- Avoid harmful or irritating vapours & fumes while wearing contact lens.
- If the lens is damaged, place the lens in your contact lens case and call your Eyecare Professional. Do not re-insert the lens. If the lens appears undamaged and appears dirty, has an eyelash or other foreign body on it, thoroughly clean the lens, rinse, and disinfect before reinserting it. If the problem continues to occur, remove the contact lens, and consult your Eyecare Professional.

Note: the safety and effectiveness of the contact lens depends on the proper use as detailed by the Eye care Professional. Similarly, if the contact lens will be used in certain atmospheric or environmental conditions that can cause irritation to the eye, it is important to consult with your Eyecare Professional.

## **Personal, Cleanliness for Lens Handling**

Always wash, rinse, and dry your hands thoroughly before touching your lens. Use a lens cleaning system as recommended by your Eyecare Professional such as a MultiPurpose Solution or a Peroxide Solution.

The lens may be cleaned daily, using an approved cleaning system as recommended by your Eyecare Professional

## **Caring for your lens:**

### **Opening the vial**

Do not use the lens if the vial is damaged or the label cannot be read.

To open an individual vial

1. Screw the lid on the vial where you will find one soft contact lens.
2. Remove the contact lens carefully and look at the lens following the handling instructions.

### **Handling the lens**

It is recommended to always work with the same lens first to avoid any mix-ups.

Remove the lens from the case and examine to make sure the lens is not chipped or there are any foreign bodies.

### **Placing the lens on the eye**

Your Eyecare Professional will discuss and provide you with a detailed process for lens insertion, but a suggested procedure is as follows:

1. Place the lens on the tip of your forefinger on your dominant hand, concave side up.
2. Put lubricant drops or saline in the lens before insertion.
3. Hold your top eyelid open with your middle finger on your non-dominant hand and then the lower lid your middle finger on the other hand.
4. Make sure your lids are wide apart.
5. Slowly bring the lens up to the eye while looking straight ahead and then gently place the lens on the cornea. Do not press the lens against your eye. Release the eyelids and gently blink.
6. Repeat this procedure with the other lens.

**Note:** If your vision is blurred after lens insertions, check the following

- The lens is decentered. Look into the mirror to locate the lens then gently maneuver the edge of the de-centered lens on the cornea while the eye is open. Use the pressure of your finger on the edge of the upper or lower lid until the lens is centered.
- If the lens is centered, you may remove the lens to see the following:
  - The surface is dirty.
  - The lens is in the wrong eye.

If any of the above occurs, clean the lens and rinse with saline before reinserting it into the eye. If your vision is still blurred, remove the lens, and see your Eyecare Professional.

### **Removing the lens**

- It is recommended to always remove the same lens first.
- wash hands and dry your hands thoroughly.
- Place a towel in front of you as this will be used to catch the contact lens.
- Place the fingertip of one hand on your upper eyelid.
- Place the fingertip of your other hand on your lower eyelid.
- Press your eyelids inwards toward your nose and then bring your eyelids together.
- The lens should fall out onto the towel.
- Repeat the same procedure for the other lens.

### **Caring for your lens**

It is important to follow the lens care regime recommended by your Eye Care Professional. You will be provided with a recommended cleaning and disinfecting regime. Heat disinfection is not recommended.

- Do not use tap water for cleaning and the maintenance of your contact lenses and contact lens case.
- Do not use saliva or anything other than the recommended care products for cleaning, rinsing, and disinfecting, lubricating, or wetting your lenses.
- Always store your contact lenses completely immersed in contact lens solution when the lens(es) are not being used.
- Contact Lens case should be emptied, cleaned, and rinsed with care products recommended by your Eye Care Professional and air dried between being used.