




**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 PERMALENSTM™

### MATERIAL AND PACKAGING

Permalens soft contact lenses contain 29% perflcon A and 71% water. They are clear lenses. The lenses are packaged in individual tamper evident glass vials containing isotonic, borate buffered saline and are steam sterilised.  Do not use if tamper evident seal has been broken. The packaging of this product contains dry, natural rubber.

### INTENDED USE

Permalens are intended for daily wear for the optical correction of vision in persons with non-diseased eyes who may require additional correction for specific conditions eg aphakia.

### RECOMMENDED WEAR AND REPLACEMENT SCHEDULE

**DAILY WEAR** – less than 24 hours while awake. The wearing time may be built up gradually until the maximum recommended is achieved. **THE LENSES MUST BE REMOVED BEFORE SLEEPING.**

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

**CIBA Vision recommends that your Permalens lenses are replaced every 9 - 12 months, as routine, or more frequently as determined by your eye care professional.**

### 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. 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 finger nails to remove your lenses from the lens container or your eyes.


### FALLING ASLEEP WHILE WEARING YOUR LENSES

If you inadvertently fall asleep for a short period while wearing your lenses no adverse effects are likely. The lenses may however feel dry, this can usually be relieved by blinking fully several times.

### 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 disinfection 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.

### CARE FOR A DRIED OUT (DEHYDRATED) LENS

If a soft contact lens is exposed to air while off the eye, it may become dry and brittle and need to be rehydrated. If the lens is adhering to a surface, apply sterile saline before handling. To rehydrate the lens:

- Handle the lens carefully.
- Place the lens in its storage case and soak the lens in a recommended rinsing and storing solution for at least 30 minutes until it returns to a soft state.
- Clean and disinfect the rehydrated lens prior to placing back on the eye.
- If the lens does not feel comfortable or does not become soft, discard the lens and replace with a new one or consult your eye care professional.

### 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 medication.
- 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.

### 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.

### 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) or consult your eye care professional.
- 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), corneal vascularisation 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 (such as AQuify®). 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.

### ADDITIONAL INFORMATION

The risk of a possible problem can be reduced by recognising the signs and following the advice, "What to do if a Problem Occurs". Correct cleaning and regular replacement of the lens case is essential. Contact lens wear increases the risk of eye infections. Smoking further increases the risk of ulcerative keratitis for contact lens users.

#### 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.
- 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.
- 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 while 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.
- Do not wear **Permalens** lenses while sleeping.



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