

# DAILIES® TOTAL 1®



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.



## PRODUCT NAME

# DAILIES® TOTAL 1®

## MATERIAL AND PACKAGING


**DAILIES TOTAL1®** are soft contact lenses, 67% delecticon A and 33% water, with phosphatidylcholine. The core lens material containing 33% water transitions through a water gradient to a hydrogel surface layer that exceeds 80% water. This structure enables a silicone hydrogel lens with a water gradient that has:

- over 80% water at the surface of the lens to mimic the water content of the cornea.
- a high level of oxygen transmissibility through the lens.
- exceptional lubricity to reduce friction.
- excellent comfort through the end of the day.

These lenses contain and release phosphatidylcholine (DMPC), a phospholipid found naturally in the tears.

The lenses are tinted light blue to assist handling; the tint contains Cu-phthalocyanine.

**DAILIES TOTAL1** are packaged in strips of 5 individual blisters containing buffered saline with approximately 0.3% of polymeric wetting agents consisting of copolymers of polyamidoamine and poly(acrylamide-acrylic acid).

The lenses are steam sterilised. 

Use only if printed foil pack is intact.

## INTENDED USE

**DAILIES TOTAL1** are intended for daily wear (less than 24 hours while awake) for the optical correction of vision in persons with non-diseased eyes with minimal astigmatism that does not interfere with vision.

**DAILIES TOTAL1** are for single use Daily Disposable Wear only.



Single use is indicated due to the specific product design.

## RECOMMENDED WEAR AND REPLACEMENT SCHEDULE

**DAILIES TOTAL1** are intended to be worn once and then discarded at the end of each wearing period. The maximum daily wearing time should be determined by your eye care professional.

**DAILIES TOTAL1** have not been developed for use with contact lens cleaners or disinfection systems. Your lenses should be discarded after use. Start each wearing period with a fresh new lens.

## DO NOT SLEEP IN YOUR LENSES.

**DAILIES TOTAL1** have not been developed for wear while sleeping.

## 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 clean and 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. Do not pinch the eye tissue.

If you find the lens is difficult to grasp due to its lubricity, dry your fingers once more and try again. Do not use rewetting drops in this instance.

- 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 LENSES

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

## 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.

## 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 after the 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.
- Before lens insertion, check that the lens power on each foil pack is correct for that eye.
- Always carry spare lenses with you.
- Be careful while using soaps, lotions, creams, cosmetics or deodorants as they can cause irritation if they come into 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 vapour.
- **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.
- Discard any **DAILIES TOTAL1** which has become dehydrated or damaged. Replace with a fresh new lens.

#### 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 signs or symptoms occur:

- **IMMEDIATELY REMOVE THE LENS(ES).**
- Inspect your eye in a mirror looking for signs of irregularity.
- If the discomfort or problem stops, insert a fresh new lens.
- If the above symptoms continue after insertion of a new lens(es) remove the lens(es).

**IMMEDIATELY** and promptly contact your eye care professional. A serious condition such as infection, corneal ulcer 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 early to avoid complications.

- 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. If this problem persists, consult your eye care professional.
- Occasional dryness may be relieved by blinking fully several times or by the use of lubricating and rewetting drops. If dryness persists consult your eye care professional.
- If a lens decenters on the eye, close eye and gently massage the eyelid to return the lens to the central position. If this problem persists, consult your eye care professional.
- If a lens tears in your eye, it will feel uncomfortable. Do not panic, as it is impossible to lose a contact lens or part of a contact lens behind the eye. Remove the pieces carefully by pinching them as you would do for normal lens removal. If the lens pieces do not seem to remove easily, do not pinch the eye tissue. Rinse with saline. If this does not help, contact your eye care professional for assistance.

#### 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". Contact lens wear increases the risk of eye infections. Sleeping in lenses for a longer period and/or smoking further increases the risk of ulcerative keratitis for contact lens users.

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