

#### 4. Care for your lens case

Contact lens case can be a source of bacterial growth. After removing your lenses from the lens case, empty and rinse the lens storage case with the lens solution and allow the lens case to air dry. When the lens is used again, refill it with fresh disinfecting solution. Lens cases should be replaced at regular intervals, as recommended by your eye care practitioner.

#### 5. Lubricating/Rewetting solutions

Lubricating/Rewetting solutions recommended by your eyecare practitioner are used to lubricate your lenses while you are wearing them to make them feel more comfortable.

#### 6. Disinfect

Disinfecting Duette Hybrid lenses 3 times a week is highly recommended. After cleaning and rinsing the lenses, disinfect them by using hydrogen peroxide contact lens solution (whichever brand advised by practitioner). Follow the instructions provided with the solution labeling.

#### • Recommended replacement:

Every 6 months or more frequently, as prescribed by your eyecare practitioner.

### CARE REGIMEN AND SAFETY PRECAUTIONS:

- Different solutions cannot always be used together, and not all solutions are safe to use with all lenses. Use only recommended solutions.
- Do not heat the wetting/soaking solution and lenses. Keep away from extreme heat.
- Always use unexpired, fresh lens care solutions.
- Do not use saliva or tap water or anything other than the recommended solutions for rewetting/lubricating the lens.
- Always wash and rinse hands before handling the 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 make up.
- Never wear the lenses with bubbles present, or beyond the time recommended by the eyecare practitioner.
- Do not touch the lens with fingernails.
- Always contact the eyecare practitioner before using any medicine in the eyes.
- Lenses should **NEVER** be worn whilst swimming.
- As with any contact lens, follow up visits are necessary to assure the continuing health of the patient's eyes. You will be instructed as to a recommended follow up schedule.

### ADVERSE REACTIONS:

- Eyes stinging, burning, itching (irritated), or other eye pain
- Comfort is less than when it was first placed in the eye
- Excessive watering (tearing) of the eye
- Unusual eye secretions
- Redness of the eyes
- Sudden blurring of vision
- Rainbow or haloes around objects
- Sensitivity to light (photophobia)
- Dry eyes

If you, as a patient, notices any of the above, **IMMEDIATELY REMOVE YOUR LENSES.**

- If the discomfort and problems stops, look closely at the lens. If the lens is in any way damaged, **DO NOT** put the lens back in your eye. Place the lens in your storage case and contact your eyecare practitioner. If the lens has dirt, eyelash, or any foreign object on it, or the problem stops and the lens appears undamaged, you should thoroughly rinse, clean and disinfect the lenses; then reapply.
- After reapplication of the lens and problem still continues, contact your eyecare practitioner.
- When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularisation, or iritis might be present. Keep the lens off the eye and contact your eyecare specialist.

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## Lens Handling and Care



Patient's  
Instruction Guide for  
Duette\*  
Contact Lens Use



\*All details on handling Duette contact lenses according to Synergeyes website: [www.synergeyes.com](http://www.synergeyes.com)

## INSTRUCTIONS FOR INSERTION

Before you insert the lenses, thoroughly wash your hands with a mild, lanolin free soap and dry them with clean, lint-free towel.



- Fill the lens with preservative-free saline while holding it horizontally on a suction insert or by stabilizing the lens between your index and middle finger.

- It is critical to fill the lens bowl completely to the top with saline to avoid insertion bubbles. The suction insert allows the completely filled lens to be well balanced so that you can easily place the lens on the eye. You will know if you have an insertion bubble if you notice an irregularity in your peripheral vision.



- Lean forward and tuck your chin to your chest. Your nose should be perpendicular to the floor. It may be helpful to place a mirror flat on the counter to look into as you insert the lens.

- Pull up on your upper eyelid by placing the fingers at the base of the lashes. Pull down on the lower lid with the ring finger of the hand holding the lens, and insert the lens.



- As the saline is displaced, the lens will gently settle onto the surface of the eye. IT IS VERY IMPORTANT NOT TO PUSH THE LENS TOO FORCEFULLY ONTO THE EYE.



## INSTRUCTIONS FOR REMOVAL

**Do not put any lubricating drops or solution into the eye prior to removal.** It is important to be sure your hands are completely dry before attempting to remove your lenses. This will optimize the gripping effect of the fingers on the edge of the lens.



- Make the "OK" sign with your thumb and forefinger and turn your hand until the circle is vertical.



- Using one hand, reach from above and place your finger at the base of your lashes. Pull the upper lid back.



- Using your ring finger on the opposite hand, pull down your lower lid and place the pads of your fingers on the soft lens skirt at the 6 o'clock position at the very bottom of the skirt.



- Using the pad of your fingers, not your fingernails, apply a firm enough pinch to cause the edge of the lens to buckle. This allows air to get beneath the soft skirt to release the lens from the surface of the eye. Slowly pull the bottom edge of the lens away from your eye.

- If your fingers become wet from removing the first lens, **be sure to completely dry them again before removing the other lens.**



### Care for a Sticking (non moving) 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. To initiate movement, gently push the lens upward with your index finger on the margin of the lower lid. If non-movement of the lens continues after 30 minutes, you should immediately consult your eye care practitioner.

## IMPORTANT TIPS ABOUT WEARING DUETTE HYBRID LENSES:

- **Give your eyes time to adapt:**  
Because DUETTE lenses are different than other lenses that you've tried, there may be a period of adaptation. Your eye care practitioner can explain what you should expect.
- **It is important to build up your wearing time:**  
Start with 4 hours of wear and gradually increase to the maximum time your eyecare practitioner recommends. Your eyecare practitioner may recommend a wear schedule customized for you.
- **You should never sleep with your lenses on.**
- **Be sure you clean your lenses daily:**

### 1. Clean.

While the recommended care products may be approved for a "No rub" regimen, it is recommended that moderate daily cleaning be conducted with your Duette Hybrid Lenses. Clean one lens first (always start with the same lens first to avoid mix up). Place the lens, front side down, on the palm of the hand and apply several drops of multipurpose solution. Using the index finger of the other hand, apply slight pressure in a swirling motion. **Do not clean lens by rubbing it between the thumb and the index fingers, as this may cause lens warpage.**



### 2. Rinse

Rinse the lens thoroughly with saline solution to remove mucous, and film from the lens surface. Place the lens into the correct chamber of the lens storage case. Repeat the procedure for the second lens.

### 3. Storage

To store lenses, keep them in a closed container until ready to wear. Always keep your lenses completely immersed in the saline solution when lenses are not being worn. If you discontinue wearing the lenses, but plan to begin wearing them again after a few weeks, ask your eyecare practitioner for a recommendation on how to clean your lenses before placing them again in your eye again.

