

## ALDEN OPTICAL®

Soft (hydrophilic) Contact Lens  
for Daily Wear

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**Rx ONLY** CAUTION: FEDERAL LAW RESTRICTS THIS DEVICE  
TO SALE BY OR ON THE ORDER OF A LICENSED  
PRACTITIONER.

Consult with your eye care practitioner if you have any questions  
about the use of your product.

## INTRODUCTION

Congratulations on choosing ALDEN OPTICAL SOFT CONTACT LENSES for daily wear which are soft lenses made from a hydrophilic material that has the ability to absorb water, making the lens soft and flexible.

Your eye care practitioner will instruct you on how to properly care and handle your lenses. Before leaving the office, he or she will instruct you on how to insert and remove your lenses. This booklet will reinforce those instructions and is a very important part of your ALDEN OPTICAL SOFT CONTACT LENS prescription. Please read and follow these instructions carefully. If you have any difficulty in understanding the instructions or handling your lenses, ask your eye care practitioner for assistance.

## WEARING RESTRICTIONS AND INDICATIONS

The ALDEN OPTICAL SPHERE LENS for daily wear is indicated for the correction of visual acuity in aphakic and not aphakic persons with non-diseased eyes with refractive ametropia (myopia or hyperopia). The lens may be worn by persons who exhibit refractive astigmatism of 1.50 diopters or less where the astigmatism does not interfere with visual acuity.

The ALDEN OPTICAL TORIC LENS for daily wear is indicated for the correction of visual acuity in aphakic and not aphakic persons with non-diseased eyes with refractive ametropia (myopia or hyperopia) and/or possesses refractive astigmatism not exceeding 10 diopters.

The ALDEN OPTICAL MULTIFOCAL LENS for daily wear is indicated for the correction of visual acuity in aphakic and not aphakic persons with non-diseased eyes with refractive ametropia (myopia or hyperopia) and presbyopia. The lens may be worn by persons who exhibit refractive astigmatism of 1.50 diopters or less where the astigmatism does not interfere with visual acuity.

The ALDEN OPTICAL MULTIFOCAL TORIC LENS for daily wear is indicated for the correction of visual acuity in aphakic and not aphakic persons with non-diseased eyes with refractive ametropia (myopia, hyperopia and/or astigmatism) and presbyopia.

The ALDEN OPTICAL TINTED SPHERE and ALDEN OPTICAL TINTED TORIC LENS (polymacon and hioxifilcon B) for daily wear are indicated for the correction of visual acuity in aphakic and not aphakic persons with non-diseased eyes with myopia or hyperopia and/or possesses refractive astigmatism.

The ALDEN OPTICAL PROSTHETIC LENS for daily wear is indicated for the enhancement or alteration of the apparent eye color, including ocular masking, either in sighted or non-sighted eyes that require a prosthetic contact lens for the cosmetic management of conditions such as corneal, iris or lens abnormalities. The lens may also be prescribed for the correction of refractive ametropia (myopia, hyperopia and astigmatism) in aphakic and not aphakic persons or for occlusive therapy for conditions such as diplopia, amblyopia or extreme photophobia.

ALDEN OPTICAL SOFT CONTACT LENSES for daily wear are available for either conventional wear or planned replacement modalities.

The ALDEN OPTICAL SOFT CONTACT LENSES described in this booklet should be removed from your eyes for routine cleaning and disinfecting as prescribed by your eye care practitioner. DO NOT WEAR YOUR ALDEN OPTICAL SOFT CONTACT LENSES (hioxifilcon B, hioxifilcon D, hioxifilcon A, polymacon, methafilcon A) WHILE SLEEPING.

## CONTRAINDICATIONS (REASONS NOT TO USE)

DO NOT USE ALDEN OPTICAL SOFT CONTACT LENSES when any of the following conditions are present:

- Acute and subacute inflammation or infection of the anterior chamber of your eye.
- Any eye disease, injury, or abnormality that affects the cornea, conjunctiva, or eyelids.
- Severe insufficiency of lacrimal secretion (dry eyes).
- Corneal hypoesthesia (reduced corneal sensitivity), if not aphakic.
- Any systemic disease that may affect your eye or be exaggerated by wearing contact lenses.
- Allergic reactions of ocular surfaces or adnexa that may be induced or exaggerated by wearing contact lenses or use of contact lens solutions.
- Allergy to any ingredient, such as mercury or thimerosal, in a solution which is to be used to care for the ALDEN OPTICAL SOFT CONTACT LENSES.
- Any active corneal infection (bacterial, fungal, or viral).
- If eyes become red or irritated.

## WARNINGS

You should be aware of and fully discuss with your eye care practitioner 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 you follow your eye care practitioner's direction 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**.
- Daily wear lenses are not indicated for overnight wear, and you **should not wear lenses while sleeping**. Clinical studies have shown that the risk of serious adverse reactions is increased when daily wear lenses are worn overnight.
- Strict compliance with your care regimen including cleaning of the lens case, wearing restrictions, wearing schedule, and follow-up visit schedule should be followed.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than nonsmokers.
- If you experience eye discomfort, excessive tearing, vision changes, or redness of the eye, you should **immediately remove the lenses** and promptly contact your eye care practitioner.

## PRECAUTIONS

You should be aware of and fully discuss with your eye care practitioner the following lens care regimen and safety precautions:

- Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. Use only recommended solutions that are fresh and sterile.
- Never use solutions recommended for conventional hard contact lenses only.
- Always use **fresh, unexpired** lens care solutions.
- Always follow directions in the package insert for the use of contact lens solutions.
- Use **only chemical (not heat) lens care systems** labeled for use with soft 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 solution for lubricating or rewetting your lenses.
- Tap water, distilled water, or homemade saline should not be used as a substitute for any component in the lens care regimen since they have been associated with an *Acanthamoeba* keratitis infection.
- Always keep the lenses completely immersed in the recommended storage solution when your lenses are not being worn (stored). Prolonged periods of drying will damage lenses. Follow the lens care directions for CARE FOR A DRIED OUT (DEHYDRATED) LENS if the lens surface becomes dried out.
- If the lens sticks (stops moving) on your eye, follow the recommended directions on CARE FOR A STICKING (NON-MOVING) LENS located later in this booklet. Your lens should move freely on your eye for the continued health of your eye.
- Always wash and rinse your hands before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, or sprays in your eyes or on your lenses. It is best to put on your lenses before putting on makeup. Water-based cosmetics are less likely to damage lenses than oil-based products.
- Do not touch contact lenses with your fingers or hands if your hands are not free of foreign materials, as microscopic scratches on the lens may occur, causing distorted vision and/or injury to your eye.
- Carefully follow the handling, insertion, removal, cleaning, disinfecting, storing, and wearing instructions contained later in this booklet as well as those prescribed by your eye care practitioner.
- Never wear your lenses beyond the period recommended by your eye care practitioner.
- If aerosol products such as hair spray are used while wearing your lenses, exercise caution and keep your eyes closed until the spray has settled.
- Always handle your lenses carefully and avoid dropping them.
- Avoid all harmful or irritating vapors and fumes while wearing your lenses.
- Ask your eye care practitioner about wearing lenses during sporting and water-related activities. Exposure to water while wearing contact lenses in activities such as swimming, water skiing, and hot tubs may increase the risk of ocular infection including, but not limited to, *Acanthamoeba* keratitis.
- Inform your doctor (health care practitioner) about you being a contact lens wearer.
- Never use tweezers or other tools to remove the lenses from your lens container unless specifically indicated for that use. Pour the lens into your hand.
- Do not touch the lens with your fingernails.
- Always discard your lenses worn on a frequent/planned replacement schedule after the recommended wearing schedule prescribed by your eye care practitioner.
- Always contact your eye care practitioner before using any medicine in your eyes.
- Certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquilizers, and those for motion sickness may cause dryness of the eye, increased lens awareness, or blurred vision. Should such conditions exist, proper remedial measures should be prescribed. Depending on the severity, this could include the use of lubricating drops that are indicated for use with soft contact lenses or temporary discontinuance of contact lens wear while such medication is being used.
- Oral contraceptive users could develop visual changes or changes in lens tolerance when using contact lenses. Patients should be cautioned accordingly.

- Always inform your employer of being a contact lens wearer. Some jobs may require use of eye protection equipment or may require that you do not wear contact lenses.
- As with any contact lens, follow-up visits are necessary to ensure the continuing health of your eyes. You should be instructed by your eye care practitioner as to a recommended follow-up schedule.

## ADVERSE REACTIONS (PROBLEMS AND WHAT TO DO)

You should be aware 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 the eye
- Abnormal feeling of something in the eye (foreign body, 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, you should:

- **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 the eye. Place the lens in the storage case and contact your eye care practitioner. If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, you should thoroughly clean, rinse, and disinfect the lenses; then reinsert them. After reinsertion, if the problem continues, you should **immediately remove your 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 **keep the lens off your eye and seek immediate professional identification** of the problem and prompt treatment to avoid serious eye damage.

## PERSONAL CLEANLINESS AND LENS HANDLING

## Preparing the Lenses 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 your contact lens care. In particular, your hands should be clean and free of any foreign substances 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.
- Handle your contact lenses with your fingertips and be careful to avoid contact with 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.

## Handling the Lens

- 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, and free of any nicks or tears.
- Put right lens on right eye.
- Repeat above procedures for your left eye.

**Important:** Lenses are sometimes turned inside-out. Check for this routinely before inserting each lens. Squeeze the lens gently between thumb and forefinger so that the edges come towards each other. If the lens is in the correct position, the edges will turn inward slightly. If the lens is inside-out, the edges will turn outward instead of inward. If this happens, reverse the lens and recheck.

Should you accidentally place an inside-out lens on your eye, one of the following signs should signal you to remove and replace it correctly:

- Less than usual comfort
  - The lens may fold on the eye
  - Excessive lens movement on blink
  - Blurred vision
- If the lens folds and sticks together, place the lens in the palm of your hand and wet thoroughly with the recommended rinsing or storing solution. Then GENTLY rub the lens between your index finger and palm in a gentle back and forth motion.
  - If this gentle rubbing does not work, soak the lens in the recommended solution in your lens case until the lens has resumed its normal shape. If the lens flattens or drapes across your finger, the lens or your finger may be too wet. To correct this, dry your finger by transferring the lens several times from one index finger to the other, drying the opposite finger each time.
  - Keep the lens wet in the solution recommended by your eye care practitioner.
  - Never place a lens on the eye unless it has been fully hydrated (wet) with the recommended rinsing or storing solution.

### Placing the Lens on the Eye

There are several methods of lens placement. If the following methods are difficult for you, your eye care practitioner will provide you with an alternate method.

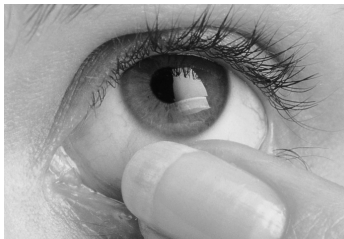
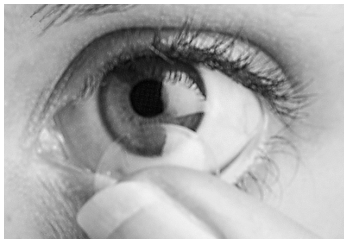
**Note:** If after placement of the lens, your vision is blurred, check for the following:

- The lens is not centered on the eye (see Centering the Lens section).
- 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.
  - c. The lens is inside-out (it would also not be as comfortable as normal).

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

### The One Hand Placement Technique

Place the lens on your index finger. With your head up, looking straight ahead, pull down your lower eyelid with the middle finger of your placement hand. Look up steadily at a point above you. Then, place the lens on the lower white part of your eye. Remove your index finger and slowly release the lower lid. Look down to position the lens properly. Close your eyes for a moment: the lens will center itself on your eye.



### The Two Hand Placement Technique

With the lens on your index finger, use the middle finger of the other hand to pull the upper lid against the brow. Use the middle finger of your placement hand to pull down the lower lid and then place the lens centrally on your eye. While holding this position, look downward to position the lens properly. Slowly release your eyelids.



### If the Lens Feels Uncomfortable, then:

Look in a mirror and gently place a finger on the edge of the contact lens and slowly slide the lens away from your nose while looking in the opposite direction. Then, by blinking, the lens will recenter itself. If the lens still feels uncomfortable, follow the steps described in the section of this booklet entitled, ADVERSE REACTIONS (PROBLEMS AND WHAT TO DO).

### 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 one of the procedures below:

- Hold the upper and lower eyelids open with your fingers. Then, while looking in a mirror, gently place a finger on the contact lens and gently slide the lens towards the center of the eye.  
Or
- Hold the upper and lower eyelids open with your fingers. Then, while looking in a mirror, move your eye towards the lens to place it on the center of the eye.

### Removing the Lens

Always remove the same lens first.

- Wash, rinse, and dry your hands thoroughly.
- Have your lens case ready to receive the lens.
- With head straight, look up as far as you can.
- Place middle finger on lower lid and touch lower edge of the lens with tip of index finger.
- Keep looking up, slide the lens down onto the white part of the eye.
- While still looking up and still holding the lens with your index finger, bring over your thumb and compress the lens lightly between thumb and index finger so that the lens "folds up" and comes off the eye easily.
- Remove the other lens by following the same procedure.
- Follow the required lens care procedures described under the heading, CARING FOR YOUR LENSES (Cleaning, Rinsing, Disinfecting, Enzyming, Storage, and Rewetting/Lubricating).

**Note:** If this method of removing your lens is difficult for you, your eye care practitioner will provide you with an alternate method.

### WEARING SCHEDULE

The wearing and replacement schedules should be determined by the eye care practitioner. Regular checkups, as determined by the eye care practitioner, are extremely important.

### Daily Wear

There may be a tendency for you to overwear the lenses initially. Therefore, adhering to a proper, initial daily wearing schedule is important. The wearing schedule should be determined by the eye care practitioner. The wearing schedule chosen by the eye care practitioner should be provided to you.

### Frequent/Planned Replacement Wear

When removed between replacement periods, lenses must be cleaned and disinfected before reinsertion, or be discarded and replaced with a new lens.

STUDIES HAVE NOT BEEN COMPLETED TO SHOW THAT THE ALDEN OPTICAL SOFT CONTACT LENSES (HIOXIFILCON B, HIOXIFILCON D, HIOXIFILCON A, POLYMACON, METHAFILCON A) ARE SAFE TO WEAR DURING SLEEP.

### CARING FOR YOUR LENSES

(Cleaning, Rinsing, Disinfecting, Enzyming, Storage, and Rewetting/Lubricating)

For continued safe and comfortable wearing of your lenses, it is important that you follow the lens care regimen recommended by your eye care practitioner. Failure to follow the lens care regimen may result in development of serious ocular complications as discussed in the WARNINGS section. **Cleaning and rinsing** are necessary to remove mucus, secretions, films, or deposits, which may have accumulated during wearing. The ideal time to clean your lenses is immediately after removing them. **Disinfecting** is necessary to destroy harmful germs.

If you require only vision correction but will not or cannot adhere to a recommended care regimen for your lenses, or are unable to place and remove your lenses, or have someone available to place and remove them, you should not attempt to get and wear contact lenses.

When you first get your lenses, be sure you put the lenses on and remove them while you are in your eye care practitioner's office. At that time, you will be provided with a recommended cleaning and disinfecting regimen, as well as 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 and provide you with a copy of this Patient Information Booklet for the ALDEN OPTICAL SOFT CONTACT LENSES (hioxifilcon B, hioxifilcon D, hioxifilcon A, polymacon, methafilcon A).

### Soaking and Storing Lenses

*Instruction for Use:*

Use only fresh contact lens disinfecting solution each time you soak (store) your lenses.

### WARNING:

Do not re-use or "top-off" old solution left in your lens case since solution re-use reduces effective lens disinfection and could lead to severe infection, vision loss or blindness. "Topping-off" is the addition of fresh solution to solution that has been sitting in your case.

### Rub and Rinse Time

*Instruction for Use:*

Follow the complete recommended lens rubbing and rinsing times in the labeling of your solution used for cleaning, disinfecting, and soaking your lenses to adequately disinfect your lenses and reduce the risk of contact lens infection.

### WARNING:

Rub and rinse your lenses for the recommended amount of time to help prevent serious eye infections. **Never use water**, saline solution, or rewetting drops to disinfect your lenses. These solutions will not disinfect your lenses. Not using the recommended disinfectant can lead to severe infection, vision loss or blindness.

### Lens Case Care

*Instruction for Use:*

Clean contact lens cases with digital rubbing with fresh, sterile disinfecting solutions/contact lens cleaner. **Never use water**. Cleaning should be followed by rinsing with fresh, sterile disinfecting solutions (**never use water**) and wiping the lens cases with fresh, clean tissue is recommended. Air-drying or recapping the lens case lids after use without any additional cleaning methods should be avoided. If air-drying, be sure that no residual solution remains in the case before allowing it to air-dry. Replace the lens case according to the directions given by your eye care practitioner or the labeling that came with your case. Contact lens cases can be a source of bacterial growth.

### WARNING:

Do not store your lenses or rinse your lens case with water or any non-sterile solution. Only use fresh solution so you do not contaminate your lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.

### Water Activity

*Instruction for Use:*

Do not expose your contact lenses to water while you are wearing them.

### WARNING:

Water can harbor microorganisms that can lead to severe infection, vision loss or blindness. If your lenses have been submerged in water when swimming in pools, lakes, or oceans, you should discard them and replace them with a new pair. Ask your eye care practitioner for recommendations about wearing your lenses during any activity involving water.

### Discard Date on Solution Bottle

*Instruction for Use:*

Discard any remaining solution after the recommended time period indicated on the bottle of solution used for disinfecting and soaking your contact lenses.

### WARNING:

Using solution beyond the discard date could result in contamination of the solution and can lead to severe infection, vision loss or blindness.

### Basic Instructions

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, a chemical (**not heat**) system, and carefully follow the instructions on the 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.
- Do not use saliva or anything other than the recommended solutions for lubricating or rewetting lenses. Do not put lenses in your mouth.
- Never rinse your lenses in water from the tap. There are two reasons for this:
  - Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.
  - You might lose the lens down the drain.
- Your eye care practitioner should recommend a care system that is appropriate for your ALDEN OPTICAL SOFT CONTACT LENSES. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed.  
**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.
- **Clean** one lens first (always the same lens first to avoid mix-ups), rinse the lens thoroughly with recommended saline or disinfecting solution to remove the cleaning solution, mucus, and film from the lens surface. Follow the instructions provided in the cleaning solution labeling. Put the lens into the correct chamber of the lens storage case. Then, repeat the procedure for the second lens.
- After cleaning, **disinfect** the lenses using the system recommended by your eye care practitioner and/or the lens manufacturer. Follow the instructions provided in the disinfection solution labeling.
- To store the lenses, disinfect and leave them in the closed/unopened case until ready to wear. If lenses are not to be used immediately following disinfection, you should consult the Package Insert or your eye care practitioner for information on storage of lenses.
- Your eye care practitioner may recommend a lubricating/rewetting solution for your use. **Lubricating/Rewetting** solutions can be used to wet (lubricate) your lenses while you are wearing them to make them more comfortable.

Chemical (Not Heat) Disinfection

- **Clean** the contact lenses with the cleaning solution recommended by your eye care practitioner and thoroughly rinse them with the recommended rinsing solution.
- **After cleaning and rinsing**, to disinfect, carefully follow the instructions accompanying the disinfecting solution in the care regimen recommended by your eye care practitioner.
- When using hydrogen peroxide lens care systems, lenses **must be neutralized** before wearing. **Use ONLY the lens case provided with the hydrogen peroxide care system. This case is specially designed to neutralize the solution.** Failure to use the specialized case will result in severe stinging, burning, and injury to the eye. Follow the recommendations on the hydrogen peroxide system labeling.
- Thoroughly rinse lenses with a fresh solution recommended for rinsing before inserting and wearing or follow the instructions on the disinfection solution labeling.
- **NEVER USE HEAT DISINFECTION** with chemical disinfection systems or with the ALDEN OPTICAL SOFT CONTACT LENSES. **Do not heat the disinfection solution and lenses.**
- Leave the lenses in the closed storage case until ready to put on your eyes.

**Caution:** Lenses that are chemically disinfected may absorb ingredients from the disinfecting solution, which may be irritating to your eyes. A thorough rinse in fresh sterile saline solution prior to placement on the eye should reduce the potential for irritation.

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 disinfection. For enzyme cleaning, you should carefully follow the instructions in the enzymatic cleaning labeling.

CARE FOR A STICKING (NON-MOVING) LENS

It is important to the health of your eyes that your contact lenses move freely. If a lens sticks (stops moving), put a few drops of the lubricating or rewetting solution recommended by your eye care practitioner into your eye. Do **not** use plain water or anything other than the recommended solutions. Do **not** attempt to remove a lens that is sticking, which could damage your eye. If the lens does not begin to move when you blink after several applications of the solution or drops, contact your eye care practitioner immediately. Do **not** attempt to remove the lens except on the advice of your eye care practitioner.

CARE FOR A DRIED OUT (DEHYDRATED) LENS

If a soft, hydrophilic 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 1 hour until it returns to a soft state.
- First clean the rehydrated lens and then disinfect it using a recommended lens care system.
- If, after soaking, the lens does not become soft or the surface remains dry, **do not use the lens unless it has been examined by your eye care practitioner.**

LENS CARE PRODUCTS

Your eye care practitioner should recommend a care system that is appropriate for ALDEN OPTICAL SOFT CONTACT LENSES. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed. Multi-purpose solutions are the preferred choice for use. If using hydrogen peroxide solutions, exposure to peroxide should be limited by using a disc-based system.

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 THEN REMOVE LENSES PROMPTLY. CONTACT YOUR EYE CARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.**

INSTRUCTIONS FOR THE MULTIFOCAL OR MONOVISION WEARER

- You should be aware that as with any type of lens correction, there are advantages and compromises to multifocal or monovision contact lens therapy. The benefit of clear near vision in straight ahead and upward gaze that is available with monovision may be accompanied by a vision compromise that may reduce your visual acuity and depth perception for distance and near tasks.
- Some patients have experienced difficulty adapting to it. Symptoms, such as mild blurred vision, dizziness, headaches, and a feeling of slight imbalance, may last for a brief minute or for several weeks as adaptation takes place. The longer these symptoms persist, the poorer your prognosis for successful adaptation.
- You should avoid visually demanding situations during the initial adaptation period. It is recommended that you first wear these contact lenses in familiar situations, which are not visually demanding. For example, it might be better to be a passenger rather than a driver of an automobile during the first few days of lens wear. It is recommended that you only drive with multifocal or monovision correction if you pass your state driver's license requirements with monovision correction.
- Some multifocal or monovision patients will never be fully comfortable functioning under low levels of illumination, such as driving at night. If this happens as a monovision wearer, you may want to discuss with your eye care practitioner having additional contact lenses prescribed so that both eyes are corrected for distance when sharp distance binocular vision is required.
- If you require very sharp near vision during prolonged close work, you may want to have additional contact lenses prescribed so that both eyes are corrected for near when sharp near binocular vision is required.
- Some monovision patients require supplemental spectacles to wear over the monovision correction to provide the clearest vision for critical tasks. You should discuss this option with your eye care practitioner.
- It is important that you follow your eye care practitioner's suggestions for adaptation to multifocal or monovision contact lens therapy. You should discuss any concerns that you may have during and after the adaptation period.
- The decision to be fit with a multifocal or monovision correction is most appropriately left to the eye care practitioner in conjunction with you, after carefully considering and discussing your needs.

PRESCRIBED WEARING SCHEDULE

Your eye care practitioner will prescribe your own individual lens wearing schedule and lens replacement schedule. The **maximum** suggested wearing time for these soft contact lenses is:

Day	Hours
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

APPOINTMENT SCHEDULE

Your appointments are:

Date	Time	Minimum Number of Hours Lenses are to be Worn Before Appointment
_____	_____	_____
_____	_____	_____
_____	_____	_____

EYE CARE PRACTITIONER INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Telephone \_\_\_\_\_







Care Regimen \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**IMPORTANT: In the event that you experience any difficulty wearing your lenses or do not understand the instructions given to you, DO NOT WAIT for your next appointment. CONTACT YOUR EYE CARE PRACTITIONER IMMEDIATELY.**

SYMBOLS USED ON LABELING

Symbol	Description
	Manufacturer
	Batch code
	Prescription Only (USA)
	Use-by date
	Caution
	Sterilized using steam
CYL	Cylinder power
AX	Cylinder axis
BC	Base curve
ADD	Add power
DIA	Diameter
PWR	Power

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