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Patient Instruction/ Wearer's Guide

**clear55ATMUV (METHAFILCON A)
DAILY WEAR SOFT CONTACT LENS**

clear55ATM uv

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

clearlab[®]

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CONGRATULATIONS:

You have just received your new **clear55ATMUV (Methafilcon A) Soft (hydrophilic) Contact Lens**. This booklet has been prepared to help you care for it. Please read it carefully and follow the instructions so that you receive full satisfaction from your lens.

PRACTITIONER : _____

ADDRESS : _____

TELEPHONE : _____

Lubricant/Rewetting Drops: _____

Rewetting Solution : _____

WEARING AND APPOINTMENT SCHEDULE

Prescribed Wearing Schedule

Day	Wearing Time (Hours)	Day	Wearing Time (Hours)
1	_____	8	_____
2	_____	9	_____
3	_____	10	_____
4	_____	11	_____
5	_____	12	_____
6	_____	13	_____
7	_____	14	_____

APPOINTMENT SCHEDULE

Your appointments are on:

Minimum number of hours lenses to be worn at time of appointment:

Month: _____ **Year:** _____

Time: _____ **Day:** _____

Month: _____ **Year:** _____

Time: _____ **Day:** _____

INTRODUCTION:

It is essential to your safety that you read and understand the information and instructions in this booklet, and have your eyecare practitioner answer any questions, both before and after you receive this contact lenses.

Wearing contact lenses is different from wearing eyeglasses. Because they are worn directly on your eyes, contact lenses affect the way in which your eyes function. These effects tend to increase with the length of time that the lenses remain on your eyes between removals. Although a great majority of people successfully wear contact lenses without problems, before you decide whether to begin or to continue wearing contact lenses you must discuss the effects of contact lenses on your eyes and the risks associated with wearing contact lenses with your eyecare practitioner. We also strongly encourage you to read the sections of this booklet entitled, *“Contraindications”*, *“Warning”*, *“Adverse Effects”*, *“Precautions”* and *“Introduction and Wearing Restrictions.”* Ask your eyecare practitioner to explain anything that you do not understand, including any additional restrictions given to you by your eyecare practitioner.

You also need to remember that soft contact lenses, including those covered in this booklet, are made of a type of plastic that absorbs liquids, vapors and small particles, and, for some people, may collect deposits from your natural eye fluids (tears). Therefore, you must strictly follow the instructions contained in the sections of this booklet entitled, *“Lens Care Directions”* and *“Lens Application and Removal”*, as well as the written information leaflets accompanying the lens care products that you buy and any other instructions given to you by your eyecare practitioner. Any failure to follow these instructions and the wearing restrictions will increase the chances of contamination, damage to the lenses, or a buildup of deposits on the lenses, which can lead to serious, sight-threatening eye infections and injuries.

Adherence to your prescribed wearing schedule and regular follow up visits to your eyecare practitioner are also necessary for the proper and safe use of contact lenses. Spaces are provided in the back of this booklet for you to record your personal wearing schedule and schedule of follow up visits. Soft contact lenses generally are comfortable from the beginning. Therefore be sure to follow the wearing schedule prescribed for you, and do not overwear your lenses simply because they remain comfortable and you are not experiencing a problem. Only your eyecare practitioner, through a professional examination, can determine how your eyes reacting to the contact lenses and whether there are any early signs of possible problems.

Finally, if problems or symptoms occur, immediately remove your lenses and follow the steps described in the sections of this booklet entitled *“Warnings”* and *“Adverse Effects”*. Prompt attention to problems is essential and may require immediate professional care.

Remember, when wearing contact lenses, your eyes should look and feel good, and your vision should be clear.

The lenses described in this booklet should be removed from your eyes every night prior to going to sleep for routine cleaning and disinfecting as prescribed by your eyecare practitioner. **DO NOT WEAR YOUR CONTACT LENSES WHILE SLEEPING.**

WARNING: UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses. Persons should continue to use their protective UV-absorbing eyewear as directed.

Note: Long term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-absorbing contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-absorbing contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information.

INDICATIONS:

The clear55A™UV (Methafilcon A) Soft (hydrophilic) Contact Lens is indicated for daily wear for the correction (except for plano lenses) of refractive ametropia (myopia and hyperopia) in aphakic or not aphakic persons with non-diseased eyes that may exhibit refractive and/or corneal astigmatism up to 2.00 Diopters that does not interfere with visual acuity.

The lenses may be disinfected using chemical or hydrogen peroxide disinfecting systems. Eyecare practitioners may prescribe the lenses for daily wear and/or frequent replacement. When prescribed for a Frequent Replacement Program, the lenses may be disinfected using chemical or hydrogen peroxide disinfecting systems.

CONTRAINDICATIONS (REASONS NOT TO USE):

DO NOT USE the clear55A™UV (Methafilcon A) Soft (hydrophilic) Contact Lens if you experience any of the following conditions:

- Acute and subacute inflammation or infection of the anterior chamber of the eye (red eyes).
- 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 the 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 **clear55A™UV (Methafilcon A) Soft (hydrophilic) Contact Lens.**
- Any active corneal infection (bacterial, fungal, or viral).
- If the eyes become red or irritated.

WARNINGS:

You should be advised of the following warnings pertaining to contact lens wear:

- **PROBLEMS WITH THE CONTACT LENSES AND LENS CARE PRODUCTS COULD RESULT IN SERIOUS INJURY TO THE EYE.** It is essential that you follow your eyecare 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 you should not to wear lenses while sleeping. Clinical studies have shown that the risk of serious adverse reactions is increased when these lenses are worn overnight.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than non smokers.
- **IF YOU EXPERIENCE EYE DISCOMFORT, EXCESSIVE TEARING, VISION CHANGES, OR REDNESS OF THE EYE, YOU SHOULD IMMEDIATELY REMOVE THE LENSES AND CONTACT YOUR EYECARE PRACTITIONER.**

PRECAUTIONS:

Your ocular health should be carefully weighed against the need for refractive corrective; therefore, your prescribing eyecare practitioner should carefully monitor the continuing ocular health and lens performance on the eye.

A. At your initial visit to your eyecare practitioner:

- Be sure you read and understand the full contents of this booklet and discuss it with your eyecare practitioner.
- Give your eyecare practitioner a complete history of your eye health, including any eye injuries, diseases, conditions, or other problems you have had with your eyes, even if they seem unimportant to you.

- Tell your eyecare practitioner about your general health; any medicines you are taking, current treatment by a physician; any disease you had or now have; and any prior surgery.
- Before leaving your eyecare practitioner's office, you should be able to promptly remove lenses or should have someone else available who can remove the lenses.

B. You should be carefully instructed about the following care regimen and safety precautions before leaving the eyecare practitioner's office:

- Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. Use only recommended solutions.
- Never use solutions recommended for conventional **hard** contact lenses only.
- Always use fresh, unexpired lens care solutions. NEVER reuse solution.
- Always follow directions in the package inserts for the use of contact lens solutions.
- 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 solutions for lubricating or rewetting lenses.
- Always keep the lenses completely immersed in the recommended storage solution when the lenses are not being worn (stored). Prolonged periods of drying may damage the lenses. Follow the lens care directions for Care for a *Dried Out (Dehydrated) Lens* if lens surface does become dried out.
- If the lens sticks (stops moving) on the eye, follow the recommended directions on *Care for a Sticking Lens*. The lens should move freely on the eye for the continued health of the eye. If non-movement of the lens continues, you should be instructed to immediately consult your eyecare practitioner.

C. Lens Handling:

- Always wash and rinse hands before handling lenses.
- Do not get cosmetics, lotions, soaps, creams, deodorant, or sprays in the eyes or on the lenses. It is best to put on lenses before putting on makeup. Water-base cosmetics are less likely to damage lenses than oil-base products.
- Do not touch contact lenses with the fingers or hands if the hands are not free of foreign materials, as microscopic scratches of the lenses may occur causing distorted vision and/ or injury to the eye.
- Do not touch the lens with fingernails.
- Carefully follow the handling, insertion, removal, cleaning, disinfecting, storing and wearing instructions in this pamphlet and those prescribed by the eyecare practitioner.
- Always handle lenses gently and avoid dropping them.
- Pour the lens into the hand when removing from case. Never use tweezers or other tools to remove lenses from the lens container unless specifically indicated for that use.

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- When lenses are not on the eye, they should be stored in the contact lens case filled with a recommended storage solution. If the lenses are not kept immersed in solution, the lenses may dry out and become brittle and damaged.
- Do not place a dry or brittle lens on your eye.
- Do not use saliva, tap water, distilled water, or anything other than a recommended sterile solution labeled for the care of our soft lenses.
- Soft contact lenses occasionally fold on the eye and do not remain on the cornea (front portion of the eye). This is no cause for alarm. Although the contact lens can never be lost behind the eye, it may become lodged under the eyelids without irritation (usually the upper lid). In this case, the lens should be located and removed by you, or if you cannot find it, by your eyecare practitioner. Once removed, place the lens in the contact lens carrying case and soak in solution for a few minutes. Then the lens can be unfolded in the palm of the hand by gently rubbing with a back and forth motion. Before replacing the lens on your eye, clean and disinfect as directed.
- It is important to the health of your eyes that your contact lenses move freely when you blink. If a lens sticks (stops moving), put a few drops of the lubricating or rewetting solution recommended by your eyecare practitioner in your eye. In this case, do not use plain water or anything other than the recommended solutions. Do not attempt to remove a lens that is sticking; this 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 eyecare practitioner immediately.

D. Wearing Restrictions:

- Never wear lenses beyond the period recommended by the eyecare practitioner.
- If you are on a daily wear schedule, do not sleep with the lenses on. If you forget, however, check to see, immediately upon waking, if the lenses will move on your eyes, if they do not move easily, do not attempted to remove them. Place several drops of either lubricating or rewetting solution in the eyes and try moving the lenses again. If, after several applications of solution, the lenses still do not move, contact your eyecare practitioner immediately.
- Always discard disposable lenses and lenses worn on a frequent replacement schedule after the recommended wearing schedule prescribed by your eyecare practitioner.
- If aerosol products such as hair spray are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.
- Avoid all harmful or irritating vapors and fumes while wearing lenses.
- Ask the eyecare practitioner about wearing lenses during water activities and other sports.
- Avoid rubbing your eyes with the lenses on; this can irritate the eye or dislodge the lens.
- Keep your eyes closed tightly when washing or showering to keep water and soaps out of your eyes; these may cause loss of the lenses, contamination or injury to your eyes.

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- If you get something in your eye, remove the lens immediately. Do not replace the lens until your eye feels normal and after you have cleaned and disinfected the lens.
- Inform your health care practitioner about being a contact lens wearer.
- Always contact your eyecare practitioner before using any medicine in the eyes.
- Always inform your employer of being a contact lens wearer. Some jobs may require use of eye protection equipment or may require that the patient do not wear contact lenses.
- Ask your eyecare practitioner whether there are any other wearing restrictions that apply to you. Write those restrictions in the spaces below and follow them carefully:

E. On follow-up visits to your eyecare practitioner:

- As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes. Be sure to keep your follow-up appointments.
- When you return for follow-up visits, be sure to tell your eyecare practitioner if your eyes have felt dry, irritated, or anything other than completely comfortable while wearing your contact lenses.
- If there is any question in your mind about wearing schedule and restrictions, cleaning and disinfecting procedures, lens handling procedures, lens replacement program, the condition of your lens, your follow-up visit schedule, or anything else about contact lens wear, be sure to discuss the subject with your eyecare practitioner who is there to help you use your contact lenses safely and properly.
- If your eyecare practitioner puts a dye or drops in your eyes during the examination, ask when you may reinsert the lenses. The use of most dyes or drops will require a waiting period before the lenses may be reinserted.

ADVERSE REACTIONS:

The following problems may occur:

- Eyes pain
- Eye sting, burn, or itch (irritation)
- Comfort is less than when lens was first placed on 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 symptoms:

- IMMEDIATELY REMOVE LENSES.
- If the discomfort or problem stops, 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 the eyecare practitioner. If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, thoroughly clean, rinse, and disinfect the lenses; then reinsert them.
- If the above symptoms continue after removal of the lens or upon reinsertion of the lens, you should REMOVE IT IMMEDIATELY AND CONTACT YOUR EYECARE PRACTITIONER OR A PHYSICIAN, who must determine the need for examination, treatment or referral without delay.

Problems with contact lenses may lead to a medical emergency due to a serious condition such as infection, corneal ulcer, neovascularization (small blood vessels growing into the cornea), or iritis (inflammation of the eye) may be present, and may progress rapidly and lead to loss of vision unless treated promptly. When you go for treatment, take your lenses, lens case and care products. The doctor may want to examine, test or analyze these items to help in your treatment. If your eyecare practitioner or physician is not available, go to the nearest emergency room.

LENS APPLICATION AND REMOVAL:

- Hands must be washed, rinsed thoroughly and dried with a lint-free towel before handling the lenses.
- Cosmetic, lotions, soaps and cream must not come in contact with the lenses since eye irritation or infection may result. Do not use aerosol or pump products such as hair spray while the lenses are being worn since liquids and vapors may damage the lens.
- Always handle the same lens, the right or the left, first in order to avoid mix-ups.
- After you remove the lens from the case:
 - 1) Examine the lens to be sure it is moist, clean, clear, and free of any nicks or tears.
 - 2) Make sure the lens is not turned inside out. Simply inspect the lens to see if the edges turn out. If they do, the lens is inside out. 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 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 an appropriate rinsing or storage solution. If

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this gentle rubbing does not work, soak the lens in one of the recommended solution 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 recommended solutions. Never place a lens on the eye unless it has been fully hydrated (wet) with an appropriate rinsing or storing solution.

- **Lens Application:**

- 1) **One Hand Technique:** Place the lens on your index finger. 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.
- 2) **Two Hand 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, 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 re-center itself. If the lens still feels uncomfortable, follow the steps described in the section of this booklet entitled “*Adverse Effects*”.

- **Lens removal:**

- 1) Always be sure that the lens is in the correct position on your eye before you try to remove it (a sample check of your vision, closing on eye at a time, will tell you if the lens is in the correct position).
- 2) Look up and slowly pull down your lower lid with the middle finger of your removal hand and place your index finger on the lower edge of the lens. Slide the lens down to the lower white part of your eye. Squeeze the lens lightly between the thumb and index finger. Avoid sticking the edges of the lens together.

There are other methods of lens placement. If the above method is difficult for you, your eyecare practitioner will provide you with an alternative method.

Note: If after placement of the lens, your vision is blurred, 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 eyecare practitioners.

LENS CARE DIRECTIONS:

Eyecare practitioners should review lens care directions with the patient, including both basic lens care information and specific instructions on the lens care regimen recommended for the patient:

General Lens Care: Your contact lenses must be BOTH cleaned and disinfected before reinserting every time you remove the lenses for any reason, whether a regularly scheduled removal or not. If your lenses are to be cleaned by your eyecare practitioner, adhere to the instructions he gives you. Failure to follow the procedures described below or those instructions provided by your eyecare practitioner for cleaning and disinfecting upon each removal may result in development of serious eye problems and loss of vision as discussed in the **WARNINGS** section. Both cleaning and disinfecting are necessary. Cleaning is necessary to remove mucus and film from the lens surface. Disinfecting is necessary to kill harmful germs that can lead to serious eye infections.

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 proper contact lens care. In particular, your hands should be clean and free of any foreign substances when you handle your lenses. The procedures are:

Basic Instructions:

- Always wash, rinse, and dry hands before handling contact lenses.
- Do not use hard contact lens solutions not indicated for use with soft lenses in any care system for soft contact lenses. Serious injury to the eye can result from wearing a soft contact lens that has been soaked in a hard contact lens solution formulated for use with hard contact lenses.
- Always use fresh, unexpired lens care solutions. Never re-use solution.
- Use the recommended system of lens care, either chemical (not heat) or oxidation (hydrogen peroxide) and carefully follow instructions on solution handling.
- 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.
- Do not use saliva or anything other than the recommended solution for lubricating or rewetting lenses. Do not put lenses in the mouth.

- Lenses should be cleaned, rinsed, and disinfected each time they are removed. Cleaning and rinsing are necessary to remove mucus and film from the lens surface. Disinfecting is necessary to destroy harmful germs.
- Always remove, clean, rinse, and disinfect lenses according to the schedule prescribed by the eyecare practitioner. The use of an enzyme or any cleaning solution is no substitute for disinfecting.
- The eyecare practitioner should recommend a care system that is appropriate for the **clear55A™UV (Methafilcon A) Soft (hydrophilic) Contact Lens**. Each lens care product contains specific directions for use and important safety information, which you should read and carefully follow.

Note: Solutions may have more than one function, which will be indicated on the label. Read the label on the solution bottle, and follow instructions.

Chemical Disinfecting Method:

- 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, and put that lens into the correct chamber of the lens storage case. Then repeat the procedure for the second lens.
- After cleaning, disinfect lenses using the system recommended by the manufacturer and/or the eyecare practitioner.
- To store lenses, disinfect and leave them in the closed/unopened case until ready to wear. Lenses store longer than 12 hours may require cleaning, rinsing and disinfecting again before use. Consult the package insert or your eyecare practitioner for information on storage of lenses.
- After removing the lenses from the lens case, empty and rinse the lens storage case with solution as recommended by the lens case manufacturer; then allow the lens case to air dry. When the case is used again, refill it with fresh disinfecting/storage solution. Replace lens case at regularly intervals.
- Do not heat the disinfecting solution and lenses.

Hydrogen Peroxide Disinfecting Method:

- Clean one lens first (always the same lens first to avoid mix-ups), rinse the lens thoroughly with recommended saline or neutralizing solution to remove the cleaning solution, mucus, and film from the lens surface, and put that lens into the correct chamber of the lens storage case. Then repeat the procedure for the second lens.
- After cleaning, disinfect lenses using the system recommended by the manufacturer and/or the eyecare practitioner.
- When using hydrogen peroxide lens care systems, lenses must be neutralized before wearing. Follow the recommendations on the hydrogen peroxide system labeling.

- Thoroughly rinse lenses with fresh saline or neutralizing solution before inserting and wearing, or follow the instructions on the hydrogen peroxide system labeling.
- Do not heat the hydrogen peroxide solution and lenses.
- Leave the lenses in the unopened storage case until ready to put on the eyes.
- To store lenses, disinfect and leave them in the closed/unopened case until ready to wear. Lenses stored longer than 12 hours may require cleaning, rinsing and disinfecting again before use. Consult the package insert or your eyecare practitioner for information on storage of lenses.

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

Care for a Sticking (Non-Moving) Lens:

If the lens stops moving or cannot be removed, apply 1-2 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. If non-movement of the lens continues after 5 minutes, **immediately** consult your eyecare practitioner.

Care for a Dehydrated Lens:

If soft, hydrophilic contact lens is exposed to air while off the eye, it may become dry and brittle and need to be re-hydrated. If the lens is adhering to a surface, apply sterile saline before handling.

To re-hydrate the lens:

- Handle the lenses 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.
- Clean lens first, then disinfect the re-hydrated lens using a recommended lens care system.
- If after soaking, the lens does not become soft, if the surface remains dry, **DO NOT USE UNLESS YOUR EYECARE PRACTITIONER HAS EXAMINED IT.**

Lubricating/ Rewetting Lenses On-Eye:

Eyecare practitioners may recommend a lubricating/rewetting solution which can be used to wet (lubricate) lenses while they are being worn to make them more comfortable.

Lens Case Cleaning And Maintenance:

Contact lens cases can be a source of bacteria growth. Lens cases should be emptied, cleaned, rinsed with rinsing solution, and allowed to air dry. Lens cases should be replaced at regular intervals.

EMERGENCIES:

If chemicals of any kind (household products, gardening solutions, laboratory, chemicals, etc.) are splashed into the eyes, you should:

FLUSH EYES IMMEDIATELY WITH TAP WATER AND THEN REMOVE LENSES PROMPTLY. CONTACT THE EYECARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.

WHEN TO CALL YOUR PRACTITIONER?

Certain symptoms may be early indicators of potentially serious problems. A careful examination of your lens, and professional examination of your eyes, may be required. Remove the lens following the instructions outlined in this guide, and call your eyecare practitioner if:

- i. Your eye becomes red and feels irritated or “gritty”
- ii. You notice a change in your vision or see rainbows or halos around objects.
- iii. You experience discomfort and/or sensitivity to lights.

A good general policy is:

“IF IN DOUBT... TAKE THE LENS OUT” and contact your eyecare practitioner.

Learn and Use Proper Lens Care Habits:

- 1) Follow Instructions.
- 2) Handle Lens Properly.
- 3) Learn How to Put On and Take Off Your Lens.
- 4) Keep Your Lens Clean.
- 5) Disinfection is a Necessary Security.

INSTRUCTIONS FOR THE MONOVISION WEARER:

- You should be aware that as with any type of lens correction, there are advantages and compromises to 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 these lenses if you pass your state drivers license requirements with monovision correction.

- Some monovision patients will never be fully comfortable functioning under low levels of illumination, such as driving at night. If this happens, you may want to discuss with your eyecare practitioner having additional contact lenses prescribed so that both eyes are corrected for distance when sharp distance 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 with your eyecare practitioner.
- It is important that you follow your eyecare practitioner's suggestions for adaptation to 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 monovision correction is most appropriately left to the eyecare practitioner in conjunction with you, after carefully considering and discussing your needs.

RECOMMENDED LENS CARE PRODUCTS:

The eyecare practitioner should recommend a care system that is appropriate for the **clear55ATM (Methafilcon A) Soft (hydrophilic) Contact Lens**. Each lens care product contains specific instructions for use and important safety information, which should be read and carefully followed.

WEARING SCHEDULE:

Your eyecare practitioner should determine the wearing and replacement schedule. Patients tend to overwear the lenses initially. It is very important to adhere to the initial maximum schedule. Regular checkups, as determined by our eyecare practitioner, are also extremely important.

Day	Hours
1	
2	
3	
4	
5	
6	
7	
8	
9	
10 and after	

Follow-up Schedule

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PATIENT INSTRUCTION/ WEARER'S GUIDE

clear55A™ uv

Clearlab SG Pte. Ltd. recommends that the lens be discarded and replaced with a new lens every 2-4 weeks. However, your eyecare practitioner is encouraged to determine a lens replacement schedule based upon the response of the patient.

FREQUENT REPLACEMENT PROGRAM:

The **clear55A™UV (Methafilcon A) Soft (hydrophilic) Contact Lens** frequent replacement schedule is prescribed by your eyecare practitioner. At the end of each day, each lens is to be removed, cleaned, and disinfected in the recommended manner prior to re-insertion. Clean and fresh lenses are more comfortable, and are less likely to irritate gentle tissues around your eyes. Your eyecare practitioner will recommend an appropriate lens replacement schedule for you. He or she will design the schedule for you. It is imperative that you follow the direction of your eyecare provider.

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

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