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Patient Instruction/ Wearer's Guide

**clearday™ BEYOND and clearday™ Beyond Toric (Avefilcon A)
SOFT (hydrophilic) SILICONE HYDROGEL CONTACT LENS**

clearday™ **Beyond**

and

clearday™ **Beyond Toric**

***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 **clearday™ BEYOND** and/ or **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel 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:** _____

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INTRODUCTION:

With your decision to wear soft (hydrophilic) contact lens, you have joined a growing number of people who are discovering new pleasures from this important advance in vision correction.

Your **clearday™ BEYOND** and/ or **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** is made of a stable, inert, highly purified, hydrophilic (water absorbing) polymer with properties different from conventional rigid lens. Fully cast-molded to optical precision in the dry state, your lens holds these qualities in the soft, moist state in which they are suited for your use. Kept moist by the tears in your eyes, the lens is soft and comfort can be immediate. You are cautioned, however, to follow the initial wearing time schedule prescribed by your practitioner and not to overwear the lens simply because they remain comfortable. Your eye care practitioner will determine your appropriate wearing schedule.

Although soft and pliable, your lens is strong and durable. The life of your **clearday™ BEYOND** and/ or **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** will depend to a large extent on how you handle and care for them. As with all precision devices, proper use will assure you the benefits of convenience, comfort, and confidence in your lens.

Read this Wearer's Guide carefully. It contains the information you need to know to wear, handle, and care for your **clearday™ BEYOND** and/ or **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Contact Lens**. If you are in doubt about any instructions, please request clarification from your eye care practitioner.

WEARING RESTRICTIONS and INDICATIONS:

The **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** for daily wear contains a UV Blocker to help protect against transmission of harmful UV radiation to the cornea and into the eye. It is indicated for the optical correction (except for plano lenses) of ametropia (myopia or hyperopia) in aphakic and non-aphakic persons with non-diseased eyes within the limits of the product specification. The lens (except for plano lenses) may be worn by persons who exhibit refractive astigmatism of 0.75 diopters or less where the astigmatism does not interfere with visual acuity.

The lens may be cleaned and disinfected using a chemical (not heat) lens care system.

Eye care practitioners may prescribe the lenses for frequent/ planned replacement wear, with cleaning, disinfection and scheduled replacement. When prescribed for frequent/ planned replacement wear, the lens is to be cleaned, rinsed and disinfected, each time it is removed from patient's eye, with chemical (not heat) lens care system. **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lenses** are to be discarded after the recommended wearing period as prescribed by the Eye Care Professional.

DO NOT WEAR YOUR **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** WHILE SLEEPING. Never use tweezers or other tools to remove lenses from the lens container, unless they are specifically intended for that use. Pour the lens and the packing solution onto hand instead. DO NOT TOUCH lens with FINGERNAILS.

CONTRAINDICATIONS (REASONS NOT TO USE):

DO NOT USE the **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** when any of the following conditions exist:

- Acute and subacute inflammation or infection of the anterior chamber of the 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 the eye or be exaggerated by wearing contact lens.
- Allergic reactions of ocular surfaces or adnexa that may be induced or exaggerated by wearing contact lens 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 **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens**.
- Any active corneal infection (bacterial, fungi, or viral)
- If eyes become red or irritated.
- Patients unable to follow lens care regimen or unable to obtain assistance to do so.
- Patient history of recurring eye or eyelid infections, adverse effects associated with contact lens wear, intolerance or abnormal ocular response to contact lens wear.

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WARNINGS:

- **PROBLEMS WITH CONTACT LENS 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 lens and lens care products, including the lens case. **EYE PROBLEMS, INCLUDING CORNEAL ULCERS, CAN DEVELOP RAPIDLY AND LEAD TO LOSS OF VISION; THEREFORE, IF YOU EXPERIENCE EYE DISCOMFORT, EXCESSIVE TEARING, VISION CHANGES, OR REDNESS OF THE EYE, IMMEDIATELY REMOVE YOUR LENS AND PROMPTLY CONTACT YOUR EYECARE PRACTITIONER.**
- Daily wear lens are not indicated for overnight wear, and you are instructed not to wear the **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** while sleeping. Clinical studies have shown that the risk of serious adverse reactions, such as ulcerative keratitis, is increased when these lens are worn overnight. The overall risk may be reduced by following directions for lens care, including cleaning of lens cases.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than nonsmokers do.

PRECAUTIONS:

- If patients experience eye discomfort, excessive tearing, vision changes, redness of the eye or other problems, they should be instructed to remove their lenses immediately and contact their eye care professional promptly. It is therefore recommended that contact lens wearers see their eye care professional routinely as directed.
- Different solutions cannot always be used together, and not all solutions are safe for use with all lens. Use only recommended solutions that are fresh and sterile. Never use solutions recommended for conventional hard contact lens only. Chemical disinfection solutions should not be used with heat unless specifically indicated on product labeling for use in both heat and chemical disinfection. Always use **FRESH, STERILE UNEXPIRED** lens care solutions. 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 solution for lubricating or rewetting lens. Always keep the lens completely immersed in the recommended storage solution when the lens is not being worn (stored). Prolonged periods of drying will damage the lens. Follow the lens care directions for care for a dried out (dehydrated) dry lens if the lens surface does become dried out.

- If the lens sticks (stops moving) on the eye, follow the recommended directions on care for sticking lens. The lens should move freely on the eye for the continued health of the eye. If non-movement of the lens continues, the patient should be instructed to IMMEDIATELY consult his or her eye care practitioner.
- Always wash and rinse hands before handling lens. Do not get cosmetics, lotions, soaps, creams, deodorants, or sprays in the eyes or on the lens. It is best to put on lens before putting on makeup. Water-base cosmetics are less likely to damage lens than oil-base.
- Do not touch contact lens with the fingers or hands if the hands are not free of foreign materials, as microscope scratches of the lens may occur, causing distorted vision and/or injury to the eye.
- Carefully follow the handling, insertion, removal, cleaning, disinfection, storing and wearing instructions in the patient instructions for the **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** and those prescribed by the eye care practitioner.
- Never wear lens beyond the period recommended by the eye care practitioner.
- If aerosol products such as hair spray are used while wearing lens, exercise caution and keep eyes closed until the spray has settled.
- Always handle lens carefully and avoid dropping them.
- Avoid all harmful or irritating vapors and fumes while wearing lens.
- Ask the eye care practitioner about wearing lens during sporting activities.
- Inform the doctor (health care practitioner) about being a contact lens wearer.
- Never use tweezers or other tools to remove lens from the lens container unless specifically indicated for that use. Pour the lens into the hand.
- Do not touch the lens with fingernails.
- Always contact the eye care practitioner before using any medicine or medications in the eyes.
- Always inform the employer of being a contact lens wearer. Some jobs may require use of eye protection equipment or may require that the patient not wear contact lens.

- As with any contact lens, follow-up visits are necessary to assure the continuing health of the patient's eyes. The patient should be instructed as to a recommended follow-up schedule.
- The patient should discard disposable lenses and lenses worn on a frequent/planned replacement schedule after the recommended wearing schedule as prescribed by the eye care professional.
- Contact lens cases can be a source of bacterial growth. To prevent contamination and to help avoid serious eye injury, always empty and rinse the lens case with fresh, sterile rinsing solution and allow to air dry.
- Lens cases should be replaced on a regular basis (at a regular interval) as recommended by the lens case manufacturer or eye care professional.

ADVERSE REACTIONS:

The following problems may occur:

- Eyes stinging, burning, itching (irritation), or other eye pain.
- Comfort is less than when lens was first placed on eye.
- Feeling that something is in the eye such as a foreign body or scratched area.
- Excessive watering (tearing) of the eye.
- Unusual eye secretions.
- Redness of the eye.
- 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, **IMMEDIATELY REMOVE YOUR LENS.**

- If discomfort or problems stops, then look closely at the lens. If the lens is in any way damaged, **DO NOT PUT THE LENS BACK ON YOUR 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 lens, then reinsert them. After reinsertion, if the problem continues, you should **IMMEDIATELY REMOVE THE LENS AND CONSULT YOUR EYECARE PRACTITIONER.**

When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularization, or iritis may be present. **KEEP LENS OFF THE EYE AND SEEK IMMEDIATE PROFESSIONAL IDENTIFICATION** of the problem and prompt treatment to avoid serious eye damage.

PERSONAL CLEANLINESS and LENS HANDLING

Before Handling Your Lens:

Cleanliness is an important aspect of contact lens care.

Before handling your lens, always wash and rinse your hands thoroughly and dry them with a lint-free towel. Do not use soaps, lotions, cold creams, or perfumes which leave a residue on your hands. Avoid using medications, creams, deodorants, make-up, after shave lotions, or similar items prior to touching your lens. When hair spray is used, the eye must be kept closed until the spray has settled. Take care in handling your lens. Always avoid touching your lens with your fingernails or other sharp objects. **NEVER WORK DIRECTLY OVER A SINK WITH THE DRAIN OPEN, AS THE LENS MAY BE LOST.**

Always use **STERILE LENS**. **DO NOT** use if sterile blister packaging is opened or damaged before use. In the event when the sterile packaging is found opened or damaged, the lens should be discarded. Avoid touching the contact lens with 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.

Follow the instructions for the handling, placing, and removal of lens carefully.

Handling and Placing the Lens on the Eye:

- 1) To avoid the possibility of lens mix-ups, always start with the same lens first.
- 2) Before inserting the lens, rinse well with fresh, sterile rinsing solution. Then place the lens on the tip of the index finger of your dominant hand.
- 3) While positioned on your index finger, check to ensure the lens has not turned inside out. To check this, look at the profile of the lens against a light background. If the edge profile appears convex and bowl-shaped, then it is correct. If the lens is inverted, it will flare out at the edge. If the lens is inverted, simply reverse it by using light fingertip pressure. Be sure to avoid damaging the lens with your fingernails.
- 4) Look straight ahead and raise the upper lid with your other index finger.
- 5) Then look down, keep both eyes open and place the lens on the upper white part of the eye.
- 6) Slowly release upper lid, and gently close your eye.
- 7) The lens should center automatically, or it can be moved on center by gentle fingertip pressure through the lids.
- 8) Repeat the above procedure for the second lens.
- 9) If the lens appears to be stuck on your eye, apply a few drops of a recommended lubricating or rewetting solution to the eye and blink a few times. If the lens does not move freely on your eye, contact your eye care practitioner for further instructions.

There is no single "right way" of putting on lens. If you find this method of lens placement difficult, your eye care practitioner will suggest another method or provide additional information.

Removing the Lens:

Preparation:

- 1) Wash and rinse your hands thoroughly.
- 2) Dry hands with a lint-free towel.
- 3) Check that the lens is centered on the cornea before attempting to remove the lens. Check your vision by covering one eye. If vision is blurry, the lens is off-center. Re-center the lens before attempting to remove it.

Removal:

- 1) To avoid the possibility of lens mix-ups, always begin with the same lens.
- 2) Look up and keep both eyes open.
- 3) Using the middle finger of your dominant hand, gently pull down the lower lid of the first eye. Using the tip of your index finger of the same hand, touch the lens and slide it onto the white of the eye.
- 4) Gently "pinch" the lens between the index finger and the thumb and remove.
- 5) Repeat the procedure for the second eye.
- 6) If the lens cannot be easily moved, apply a few drops of lubricating or rewetting solution to the eye, blink a few times, and when the lens moves freely on the eye, remove in the manner described above. If the lens still cannot be moved, contact your eye care practitioner for further instruction.
- 7) Upon removal, clean each lens with a contact lens cleaner per the procedures described under the heading, **CARING FOR YOUR LENS**. Rinse well with rinsing solution and place in the lens storage case filled with fresh storage solution.

IMPORTANT: Always avoid touching your lens with your fingernails. Use only your fingertips.

If you find this method difficult, your eye care practitioner will suggest another method or provide additional instruction.

If the lens is chipped or torn, do not put the lens back on your eye. Return the lens to the storage case with fresh solution and contact your eye care practitioner.

CARING FOR YOUR LENS:

Basic Instructions:

For continued safe and comfortable wearing of your lens, it is important that you first clean and rinse, then disinfect your lens after each removal, using the care regimen recommended by your eye care practitioner. Cleaning and rinsing are necessary to remove mucus, secretions, films, or deposits, which may have accumulated after removing them. Disinfecting is necessary to destroy harmful germs.

You should adhere to a recommended care regimen. Failure to follow the regimen may result in development of serious ocular complications as discussed in the warning section above. Follow instruction and timings recommended by the solution manufacturer.

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

When you first get your lens, be sure you have to put the lens 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 disinfection regimen and 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 the Wearer's Guide for the **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens**.

Never wear lenses beyond the period recommended by the eye care professional.
For safe contact lens wear, you should know and always practice your lens care routine:

- Always wash, rinse, and dry hands before handling contact lens.
- Always use fresh, sterile unexpired lens care solutions. Sterile, unpreserved solutions, when used, should be discarded after the time specified in the labeling direction.
- Use recommended system of lens care and carefully follow instructions on solution labeling.
- Different solutions cannot always be used together, and not all solutions are safe for use with all lens. **DO NOT ALTERNATE OR MIX LENS CARE SYSTEMS UNLESS INDICATED ON SOLUTION LABELING.**
- Do not use saliva or anything other than the recommended solutions for lubricating or rewetting lens. Do not put lens in the mouth.
- Never rinse your lens in water from the tap. There are two reasons for this:
 - a. Tap water contains many impurities that can contaminate or damage your lens and may lead to eye infection or injury.
 - b. You might lose the lens down the drain.
- The eye care practitioner should recommend a care system that is appropriate for the **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft**

(hydrophilic) Silicone Hydrogel Contact Lens. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed.

- Avoid using conventional hard contact lens solutions that are not recommended for use with prescribed lens.
- Clean one lens first (always the same lens first to avoid mix-ups), rinse the lens thoroughly with recommended rinsing or disinfecting solution to remove the cleaning solution, mucus, and film from the lens surface, and put lens into correct chamber of the lens storage case. Then repeat the procedure for the second lens.
- After cleaning, disinfect lens using the system recommended by the manufacture and/or your eye care practitioner.
- To store lens, disinfect and leave them in the closed/unopened case until ready to wear. If lens are not to be used immediately following disinfection, you should consult the package insert or your eye care practitioner for information on storage of lens.
- Always keep your lens completely immersed in a recommended disinfecting/conditioning solution when the lenses are not being worn. Lenses would be damaged after prolonged periods of drying. If you discontinue wearing your lens, but plan to begin wearing them after a few weeks, ask your eye care practitioner for a recommendation on how to store your lens.
- **clearday™ BEYOND and clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** can be disinfected using a chemical (NOT HEAT) disinfecting system. Follow instruction and timings recommended by the solution manufacturer.
- Your eye care practitioner may recommend a lubricating/rewetting solution for your use. Lubricating/Rewetting solutions can be used to wet (lubricate) your lens while you are wearing them to make them more comfortable.
- Lenses prescribed for frequent replacement:
clearday™ BEYOND and clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens may be prescribed in a frequent replacement program and should be thrown away after the recommended wearing period prescribed by the eye care practitioner.

LENS DEPOSITS AND USE OF ENZYMATIC CLEANER:

Enzyme cleaning may be recommended by the 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 the patient's lens and eyes. If these deposits are not removed, they can damage the lens and cause irritation. Enzyme cleaning does NOT replace routine cleaning and disinfecting. For enzyme cleaning, the patient should carefully follow the instructions in the enzymatic cleaning labeling.

Lens Case Cleaning and Maintenance:

Contact lens cases can be a source of bacteria growth. Formation of bacteria, fungi and other harmful types of microbial can form on the lens.

After removing the lens from the 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 storage solution. Replace lens case at regular intervals as recommended by the lens case manufacture or your eye care practitioner.

Care for a Sticking (non-moving) Lens:

If the lens sticks (cannot be removed), you should apply 3 to 4 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 15 minutes, you should IMMEDIATELY consult your eye care practitioner.

Care for a Dried out (dehydrated) dry Lens:

If for some reason your lens dry out completely: a minimum of handling is important as they are very brittle in the dehydrated state. Carefully place them in rinsing or storage solution for a minimum of thirty minutes during which time they will become soft and flexible. Then follow the cleaning, rinsing, and disinfecting procedures, including soaking the lens in storage and disinfection solution for four hours before wearing again.

Chemical (NOT HEAT) Disinfection:

- 1) Wash and rinse your hands thoroughly BEFORE HANDLING LENS.
- 2) After removal of lens, CLEAN the lens by applying three drops of cleaner to each surface. Then rub the lens between your fingers for 20 seconds.
- 3) AFTER CLEANING, thoroughly rinse both surfaces of the lens with a steady stream of fresh, sterile rinsing solution for approximately 10 seconds.
- 4) Fill contact lens carrying case with the recommended disinfection and storage solution and place lens in the proper cells for a minimum of 4 hours. Follow the instruction and timings recommended by the manufacturer.

Note: DO NOT HEAT THE DISINFECTION SOLUTION AND LENS.

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 rinsing solution prior to placement on the eye should reduce the potential for irritation.

EMERGENCIES:

If any 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 IMMEDIATELY CONTACT YOUR 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 eye care practitioner if:

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

A good general policy is:

"IF IN DOUBT ... TAKE THE LENS OUT" and contact your eye care 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 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 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

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you only drive with monovision correction if you pass your state driver's 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 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 with your eye care practitioner.
- It is important that you follow your eye care 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 monovision correction is most appropriately left to the eye care practitioner in conjunction with you, after carefully considering and discussing your needs.

RECOMMENDED LENS CARE PRODUCTS:

Cleaning is necessary to remove mucus, film and contamination from the lens surface. **Rinsing** removes all traces of the cleaner and loosened debris. **Disinfecting** is necessary to destroy remaining microorganisms.

The eye care practitioner should recommend a care system that is appropriate for the **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens**. Each lens care product contains specific instructions for use and important safety information, which should be read and carefully followed. Heat disinfection has NOT BEEN TESTED and is NOT RECOMMENDED.

RECOMMENDED WEARING SCHEDULE:

Close professional supervision is recommended to ensure safe and successful contact lens wear. If any discomfort, decreased vision, ocular injection or corneal edema, is felt or experienced, the lens should be removed and the patient scheduled with their eye care professional for examination immediately. The problem may be relieved by establishing a different wearing schedule or possibly by refitting the lens.

It may be advisable for patients who have never worn contact lenses previously to be given a wearing schedule that gradually increases wearing time over a few days. This is to allow more gradual adaptation of the ocular tissues to contact lens wear. It is important not to exceed the wearing schedule. Regular check ups, as determined by the eye care practitioner, are also extremely important. Normal daily wear of lenses assumes a minimum of 6 hours of non-lens wear everyday (i.e. for every 24 hours). The maximum

**PATIENT INSTRUCTION/
WEARER'S GUIDE**

clearday™ **Beyond** clearday™ **Beyond Toric**

suggested wearing schedule for the **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** is suggested below.

DAY	1	2	3	4	5	6
HOURS	6	8	10	12	14	All waking hours

FREQUENT / PLANNED REPLACEMENT:

It is recommended that the **clearday™ BEYOND** and **clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens** be discarded and replaced with a new lens after 30 days. When removed between replacement periods lenses must be cleaned and disinfected prior to reinsertion, or be discarded and replaced with a fresh lens.

However, patients should adhere to the recommended replacement schedule given by their eye care professional based upon their individual needs and physiological conditions.

STUDIES HAVE NOT BEEN COMPLETED TO SHOW THAT THE "clearday™ BEYOND and clearday™ Beyond Toric (Avefilcon A) Soft (hydrophilic) Silicone Hydrogel Contact Lens" IS SAFE TO WEAR DURING SLEEP.

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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