

- Swimming pool
- Dusty environments
- Sauna

Contact lenses do not interfere with metal detectors/security checks at airports.

→ **Warning notes:**

Please consult your contact lens specialist regularly by appointment .
Incorrect use or poor hygiene of contact lenses and care products can result in serious eye damage or even loss of vision. Regardless of this, wearing soft contact lenses, even if only in rare cases, can cause such serious eye damage. However, the risks are reduced to an minimum by strictly following the instructions for handling, care and wearing time.
Never bring your contact lenses in contact with non-sterile liquids (e.g. tap water, water from swimming pools or sea water) . Contact with non-sterile liquids can cause microbial contamination, which could lead to permanent damage to the eyes
The risk of microbial cornea inflammation has been found to be higher for wearers of permanent contact lenses than for those who wear contact lenses during the day. The risk of microbial corneal inflammation is also higher among contact lens wearers who smoke.
Never dilute or mix your lens care product with other liquids. This cancels out the effect of the care product.
Wearers of multifocal contact lenses must expect limited vision in changing light conditions.

- Contact lenses in their original packaging must not be used after the expiry day.
- Deodorants, cosmetics, soaps, creams or lotions may cause irritation if they come into contact with your contact lenses. Therefore use them with care!
- Insert your contact lenses before you apply make-up and remove your lenses before you remove your make-up.
- Avoid spraying hairspray near to your eyes while wearing your contact lenses, as this can cause irritation.
- Consult your contact lens specialist about wearing contact lenses during sports activities (including swimming).
- Remove your contact lenses if you are exposed to harmful or irritating vapors.

- Be sure to follow the recommended daily wear time and prescribed replacement intervals!
- Have your contact lenses fitted by authorised specialists.
- Damaged goods must not be used and must be returned to the manufacturer.
- Dried hydrophilic contact lenses are destroyed and must not be reused.
- If you have not worn your contact lenses for several days, disinfect them before the next use.

→ **Disposal:**

Rigid gas-permeable and hydrophilic contact lenses can be disposed of with conventional household waste.

→ **Labelling:**

Individual contact lenses from appenzeller kontaktlinsen AG are provided for clear identification with a serial number (SN) on the outer edge of the front surface ; monthly disposable lenses carry a batch number (LOT) on the packaging. The SN/LOT allows all relevant data such as date of manufacture, material, parameters etc. to be traced. The following table explains the information on the label.

→ **Explanation of the label information**

	Symbol/ Abbreviation	Individual hydrophilic contact lenses	Individual rigid gas-permeable contact lenses	Monthly lenses
This instruction manual		X	X	X
Product name	-no-	X	X	X
Base curve	r0	X	X	See Blister
Power	F'V	X	X	See Blister
Total diameter	Ø ₁ or Dt	X	X	See Blister
Material	Mat.	X	X	See Blister
Serial number	SN) xxxxx	X	X	-
Batch number	LOT) xxxxx	-	-	See Blister
Expiration date	JJJJ-MM-TT	X	X	See Blister
EC-conformity mark including identification number of the notified body	0483	X	X	X
Address and name of the manufacturer		X	X	X
Sterile (moist heat)		X	-	X
Reference number	xxxxxx	X	X	X

Details/abbreviations which are only relevant for the fitter are not explained further here.



Appenzeller Kontaktlinsen AG Hauptstrasse 22 CH-9042 Speicher AR
Telefon +41 71 344 20 00 Telefax +41 71 344 20 50
info@appenzeller-kontaktlinsen.ch www.appenzeller-kontaktlinsen.ch

User Manual.

General information:	2
Applications:	2
Recommended replacement intervals and daily wearing times:	2
Handling of contact lenses:	2
Placement of scleral lenses (unless otherwise recommended by the fitter):	2
Removing of the contact lenses (unless otherwise recommended by the fitter):	2
Removing of scleral lenses (unless otherwise recommended by the fitter):	3
Contraindications:	3
Possible complications:	3
Interactions with care products:	4
Interactions with medicines:	4
Care regime of contact lenses:	4
Preservatives:	4
Storage solution used by appenzeller kontaktlinsen AG:	4
Information on reprocessing for contact lenses delivered in non-sterile condition :	4
Disturbing environmental influences or interactions:	4
Warning notes:	5
Disposal:	5
Labelling:	5
Explanation of the label information	5

Manufacturer

Appenzeller Kontaktlinsen AG
Hauptstrasse 22, CH-9042 Speicher AR

Telephone +41 71 344 20 00
Telefax +41 71 344 20 50
info@appenzeller-kontaktlinsen.ch
www.appenzeller-kontaktlinsen.ch

To be completed by the contact lens specialist Company stamp, date of delivery

Product name _____

Serial number _____

0483

Instructions for use ⓘ

→ General information:

Contact lenses are designed to be placed on the eye. Please read the information sheet carefully and keep it for future reference. Ask your contact lens specialist if you have any questions about wearing contact lenses.

→ Applications:

Contact lenses are used to correct defective vision of the eye.

→ Recommended replacement intervals and daily wearing times:

Your contact lens specialist will determine the most appropriate lenses for you and your eyes, and also the replacement intervals and wearing times for your lenses.

Appenzeller kontaktlinsen AG recommends an exchange interval of not more than 6 to 12 months for individual hydrophilic («soft») contact lenses and not more than 12 months for individual rigid gas-permeable («hard») contact lenses and scleral lenses.

Monthly lenses have to be replaced after one month at latest.

→ Handling of contact lenses:

Contact lenses from damaged or opened packages must not be used.

Different techniques exist for inserting and removing contact lenses, which work better or worth depending of the type of contact lenses and personal suitability. Your contact lens specialist will advise you in detail about the best method for you and give you detailed instructions.

1. Always wash your hands thoroughly with soap before handling (inserting and removing of the contact lenses). Do not touch the lenses with creamed hands.
2. Shake the contact lens blister or the jar slightly before opening.
3. Short or well filed fingernails prevent damage during insertion.
4. Open the contact lens container and empty it into the open palm of your hand.
5. Make sure that soft contact lens are not turned upside down.

6. Before inserting of the contact lens, make sure that they are not damaged to avoid injury of they eyes – damaged lenses must not be used!

Placement of soft and rigid gas-permeable contact lenses (unless otherwise recommended by the fitter):

1. Place the cleaned contact lens on the tip of your finger. Ensure that the contact lens in in the correct position.
2. With the middle finger of the same hand, pull down your lower eyelid.
3. With the other hand, hold your upper eyelid by grasping the eyelid rim.
4. Look straight ahead and slowly approach your index finger with the contact lens to your eye. The contact lens will adhere to your eye automatically and without pressure.
5. Look right/left and down, then slowly close your eye once.

→ Placement of scleral lenses (unless otherwise recommended by the fitter):

1. Place the scleral lens on the scleral lens holder.
2. Fill the scleral lens brimful with sterile, unpreserved physiological saline solution (0.9% NaCl) from a mono-dose.
3. Pull down your lower eyelid with the middle finger of your writing hand.
4. Hold your upper eyelid open with the other hand.
5. The head bends forward, slowly approach the scleral lens holder to your eye until you feel a gentle resistance.
6. Immediately after putting the lens, ensure that there are not air bubbles under the scleral lens.

→ Removing of contact lenses (unless otherwise recommended by the fitter):

1. Make sure that the contact lens is centred on the eye. Use a mirror or check your vision by closing the other eye.
2. Take hold of the border of the hydrophilic contact lens with two fingers and squeeze them slightly together; the lens should then come off.
3. Rigid gas-permeable contact lenses can be removed with a contact lens plunger.

4. Place your contact lenses in the storage case provided. Ensure that there is enough storage solution in the container so that the lens floats at a medium height and that the lens cannot be damaged when the container is closed.

→ Removing of scleral lenses (unless otherwise recommended by the fitter):

1. Pull down your lower eyelid and place the plunger on the scleral lens at the bottom, close to the border.
2. Hold your upper eyelid open with your other hand.
3. Pull the plunger until the connection between the scleral lens and your eye is released in the lower area.
4. Then look down and remove the scleral lens from your eye.

→ Contraindications:

You should refrain from wearing contact lenses in the following cases:

1. Never use damaged contact lenses, especially with border defects, cracks, etc..
2. Inflammations, injuries, allergies, anomalies or infections of the anterior segment of the eye, which can be aggravated by wearing contact lenses or using contact lens care products.
3. Sicca Syndrome (Dry eyes, except scleral lenses)
4. Reduced sensitivity (hyposensitivity) of the cornea (except scleral lenses)
5. Use of medication that is considered as a contraindication to wear contact lenses
6. Wearing contact lenses in dusty environments .
7. Wearing contact lenses in the swimming pool.
8. Scleral lenses should not be used in Fuchs endothelial dystrophy.

If in doubt, please consult your eye doctor or contact lens specialist.

→ Possible complications:

Possible complications are often accompanied by several of the following symptoms:

- Foreign body sensation
- Increased lacrimation
- Eye redness
- Increased light sensitivity
- Irritation of the eyes (stinging, burning, itching)
- Reduced or poor visual acuity
- Extremely dry eyes
- Discomfort of the contact lens on the eye

and the associated consequences and/or secondary diseases.

- For transplants with less than 800 endothelial cells, bandage lenses can promote oedema formation.

How do I behave when a symptom occurs?

- Remove the contact lens(es) immediately.
- If the symptoms cease after you have remove the lens(es), take a close look at your contact lens(es) to see if there is a damage – if there is a damage in any way, do not use the contact lens(es) again!
- If there is dirt or a foreign object on the contact lens, clean the contact lens thoroughly (clean, rinse and disinfect) . Then, you can insert the lens again.
- If the above-mentioned complaints continue after you have reinsert the lens, remove the lens immediately and contact your contact lens specialist immediately for further clarification.
- If a contact lens has become stuck (no longer moves) , drip several drops of wetting solution onto the eye and wait a moment for the contact lens is moving freely on the eye again before trying to remove it. If the lens remains stuck, contact your contact lens specialist immediately
Attention: This does not apply to scleral lenses – they must not be allowed to move on the eye!
- If a contact lens is damaged while wearing it, it can feel extremely uncomfortable. However, it is impossible for a contact lens or any part of it to get behind the eye. Immediately and carefully remove all parts of the lens in the same way you normally do after wearing it. If parts of the lens cannot be completely removed, rinse the eye with saline solution. If this does not help, contact your contact lens specialist immediately. He can easily remove the remaining parts of the lens from your eye.

→ Interactions with care products:

In order to avoid interactions of the contact lenses with care regime products, only use care products that have been recommended to you by your contact lens specialist or which are compatible with your contact lenses. Never use care products for soft contact lenses which are exclusively intended for rigid gas-permeable contact lenses.

→ Interactions with medicines:

Medicines used over a longer period of time can cause a change in the tear fluid and influence the compatibility of the contact lenses. You should therefore inform your contact lens specialist about the medication you are taking.

Medicinal eye drops should never be applied over contact lenses. However, there are some exceptions. Absolutely inform your eye doctor that you wear contact lenses and ask explicitly whether the eye drops you use, may be applied over contact lenses and how you should behave.

→ Care regime of contact lenses:

Proper care of contact lenses is very important. Your contact lens specialist will select the most appropriate care product for you. Please be sure to follow the instructions for use of your contact lens care products. Rinse your contact lens case daily with sterile saline solution or fresh storage solution and allow the case to air dry with the opening facing down. Clean and disinfect your contact lenses regularly according to the instructions of your contact lens specialist. Please note that soft(hydrophilic) contact lenses require more intensive care than rigid gas-permeable (hard) contact lenses, as they favour higher the establishment of pathogen. The expire date of the care products must not be exceeded. The lens containers must also be replaced when a new lens care product is opened. Basically, containers should be replaced every 4–6 weeks.

→ Preservative:

Preservatives are substances that prevent perishable products from being infested by micro-organisms, insects or other life forms.

Infestation leads to changes in the quality of the product or can present a health risk. Different care products for rigid gas-permeable and hydrophilic contact lenses are mixed with preservatives to increase their durability. For contact lenses care products the following preservatives are possible:

- Polyhexanide (PHMB)
- Polyquad
- Benzalkonium chloride

Care products containing preservatives may cause an allergic reaction. Therefore, we recommend to use for hydrophilic contact lenses preservative-free care products. However, for rigid gas-permeable contact lenses, storage can be carried out in a storage solution containing preservative. Due to their water content, which is close to zero, rigid gas-permeable contact lenses cannot absorb any preservative and release them to the eye. However, rigid gas-permeable contact lenses must be rinsed with a preservative-free physiological saline solution before they are inserted. Do not change your contact lens care system without consulting your contact lens specialist.

→ Storage solution used by Appenzeller Kontaktlinsen AG:

Appenzeller kontaktlinsen AG ships your hydrophilic contact lenses sterile. A physiological, preservative-free saline solution is used as storage solution. Rigid gas-permeable lenses are shipped by Appenzeller Kontaktlinsen AG in a storage solution containing a small amount of preservative.

→ Information on reprocessing for contact lenses delivered in non-sterile condition:

Rigid gas-permeable lenses are delivered non-sterile. Therefore, before inserting for the first time, all rigid gas-permeable lenses have to be thoroughly cleaned manually with a cleaning solution for rigid gas-permeable lenses.

→ Disturbing environmental influences or interactions:

Do not wear contact lenses in the following environments