

- Avoid spraying hairspray near to your eyes while wearing 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.
- If you have not worn your contact lenses for several days, disinfect them before the next use.
- Do not sterilize your contact lenses! Sterilization with steam, heat, etc. will destroy the contact lens.

→ **Disposal:**

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. 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. Please consult your contact lens specialist regularly by appointment.

→ Explanation of the label information	
	Symbol / Abbreviations
Product name	-No-
Base curve	r0
Power	F°V
Total diameter	ØT
Material	Mat.
Serial number	 xxxxx
Batch number	 xxxxx
Expiration date	 YYYY-MM
EC-conformity mark incl. identification number of the notified body	
	
Address an name of the manufacturer	
	
Reference number	 xxxxxx

→ Label data of an i-NIGHT Multi/ i-NIGHT Toric Multi	
Parameter	Description
SimK	Central cornea radii: Flat/Steep/ Axis of the flat radius
Rx	Refraction (Vertex eye distance 0 mm)
TZR	Treatment Zone Radius (Radius of the central treatment zone calculated from the refraction and the flat, central cornea radius)

TP	Target Power (Target value of the refraction and power of the contact lens)
BOZD	Back Optic Zone Diameter (Diameter of the central treatment zone)
nE	Numerical eccentricity
Dt	Diameter total (Total diameter of the contact lens)
ADD	Addition
NZ	Diameter of the near vision zone

→ Label data of an i-NIGHT/ i-NIGHT Toric	
Parameter	Description
SimK	Central cornea radii: Flat/Steep/ Axis of the flat radius
Rx	Refraction (Vertex eye distance 0 mm)
TZR	Treatment Zone Radius (Radius of the central treatment zone calculated from the refraction and the flat, central cornea radius)
TP	Target Power (Target value of the refraction and power of the contact lens)
BOZD	Back Optic Zone Diameter (Diameter of the central treatment zone)
nE	Numerical eccentricity
Dt	Diameter total (Total diameter of the contact lens)

User Manual Ortho-K Contact lenses

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

Product name

Serial number

CE0483



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→ **Instructions for use: Ortho-k Lenses**

The i-NIGHT lens is an orthokeratologic contact lens (Ortho-K Lens) that works by flattening the central corneal radii in the area in front of the pupil for to correct the wearers myopia.

→ **Field of application:**

Nocturnal correction of the base curve of the cornea to compensate an ametropia during the day. Slowing of progressive myopia for children and adolescents.

→ **Recommended replacements intervals and maximum 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 contact lenses. Appenzeller kontaktlinsen AG recommends an exchange interval of not more than 12 months for rigid gas-permeable orthokeratological contact lenses. Unless otherwise recommended by your contact lens specialist, Ortho-K lenses are worn exclusively overnight or during sleep. Ortho-K lenses worn overnight to correct ametropia offer improved visual performance for up to 8 hours during the day after a wearing period of approximately one week.

→ **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 works 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. Short or well filed fingernails prevent damage during insertion.
3. Open the contact lens container and empty it into the open palm of your hand.
4. Before inserting of the contact lens, make sure that they are not damaged to avoid

injury of the eyes – damaged lenses must not be used!

Placement of the contact lens (unless otherwise recommended by the fitter)

1. Place the cleaned contact lens on the tip of your index finger.
2. Add one or two drops of saline solution in the curvature of the contact lens before inserting.
3. Using the middle finger of the same hand and pull the lower eyelid down.
4. With the other hand, hold your upper eyelid open.
5. Look straight ahead with your head bent down 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.
6. Look down and blink slowly.

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 provides. 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.

→ **Contraindications**

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

- 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.
- Sicca syndrome (Dry eyes)
- Reduced sensitivity (hyposensitivity) of the cornea
- Use of medication that is considered as a contraindication to wear contact lenses

- Wearing contact lenses in dusty environments
- Wearing contact lenses in the swimming pool
- Special contraindications for use in children:
- Do not force the use of Ortho-K lenses against a child's resistance.
- If parents are not able to provide their child with the necessary support and supervision of safe handling, or if they are unable to accompany the child to after-care appointments with a contact lens specialist, Ortho-K therapy is generally not recommended.

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
- Microbial keratitis, especially if the contact lens are not adequately cared for
- Gradual loss of visual acuity during the course of the day, especially in the initial phase
- Possible increase of existing astigmatism

How do I behave when a symptom occurs?

- Remove the contact lens(es) immediately
- If the symptoms cease after you have removed 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 reinserted 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.

- 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 this does not help, contact your contact lens specialist immediately. He can easily remove the remaining parts of the lens from your eye.
- Please take an additional visual aid with you (especially during the first month of treatment) if your visual acuity decreases during the day.

→ **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. We recommend a peroxide-based care product for the storage of Ortho-K 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 care 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.

→ **Preservative**

Preservative 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 healthy 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 preservative are possible:

- Polyhexanide
- Polyquad
- Benzalkonium chloride

Care products containing preservatives may cause an allergic reaction. For rigid gas-permeable contact lenses as i-Night, 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**

Rigid gas-permeable contact lens are shipped by appenzeller kontaktlinsen AG in a preservative free storage solution. We use for storage Synergi GP.

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

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

→ **Disturbing environmental influences or interactions:**

Do not wear contact lenses in the following environments:

- Swimming pool
- Dusty environments
- Sauna

Contact lenses do not interfere with metal detectors/security check at airports!

→ **Warning notes**

Incorrect use or poor hygiene of contact lenses and care products can result in serious eyes damages or even loss of vision. However, the risk are reduced to a 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 pool 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 not in permanence. The risk of microbial cornea 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.

Ask your contact lens specialist whether you should drive a motor vehicle at the current stage of your Ortho-K treatment. The effect of Ortho-K lenses may decrease during the day. Be aware that this effect can occur, especially during the first month of Ortho-K therapy. Avoid driving a motor vehicle in the evening during this period.

- 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.