

Patient Instruction Booklet



FRESHLOOK[®]
ONE-DAY COLOR CONTACT LENSES

FreshLook[®]
ONE-DAY (nelfilcon A) COLOR
SOFT CONTACT LENSES

Rx Only

Caution: Federal law (USA) restricts this device to sale by or on the order of a licensed eye care professional

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Vision[®]
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INTRODUCTION

Congratulations and thank you for choosing FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses. Now you can experience the extraordinary simplicity of wearing a fresh, new pair of contact lenses every single day. Just put them on in the morning and throw them away before bedtime.

Then, at the start of the following day, just put on a fresh, new, sterile FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lens. No solutions, no storage, no lens care hassles. Used correctly they will give you outstanding convenience, comfort and eye health for long-term successful contact lens wear.

FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses are no ordinary contacts. They are manufactured using a multi-patented, revolutionary technology derived from breakthrough chemistry and a state-of-the-art manufacturing process called LightStream Technology™. This technology produces a super-thin LightStream Comfort Edge designed to deliver exceptional comfort right after insertion — and all day long.

But this is just part of the FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses breakthrough. The fully automated LightStream Technology™ also delivers exceptional value. You can now afford to wear a new, fresh pair FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses each and every day.

About Your Contact Lenses

FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses are made from a proprietary material, nelfilcon A. When placed on the cornea, the lenses correct vision by focusing light onto the retina.

- Spherical lenses are used to correct nearsightedness (myopia) or farsightedness (hyperopia).

In addition, these lenses come in a range of prescriptive powers. Your eye care professional will prescribe the appropriate prescriptive power (Rx) that's needed to correct vision in your right and left eye.

The lenses are to be worn once during waking hours only and then discarded at the end of each wearing period. Since reuse of the lenses is not recommended, always carry spare lenses or back-up spectacles with you. To help ensure continued eye health and satisfaction with your lenses, IT IS IMPORTANT THAT YOU REPLACE YOUR LENSES FOLLOWING EACH WEARING PERIOD.

About This Booklet

READ THIS BOOKLET CAREFULLY AND FOLLOW ALL OF THE INSTRUCTIONS.

This booklet provides important information about your new FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses. If you have questions after reading this booklet, call or visit your eye care professional.

Also, you may call CIBA Vision Consumer Relations toll free in the USA at 1-800-875-3001.

Successful, safe contact lens wear depends on following the recommendations of your eye care professional and practicing good hygiene and lens wear and care habits.

WARNINGS AND PRECAUTIONS

What You Should Know About Contact Lens Wear

Warning

Serious injury to the eye, scarring of the cornea, and loss of vision may result from problems associated with wearing contact lenses and using lens care products

Eye problems, including corneal ulcers, can develop rapidly and lead to loss of vision. IMMEDIATELY CALL OR VISIT YOUR EYE CARE PROFESSIONAL FOR PERSISTENT SYMPTOMS OF ANY EYE DISCOMFORT, WATERING, VISION CHANGE OR REDNESS.

Be aware of the following:

- DO NOT sleep in your FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses.
 - Overnight wear of contact lenses has been shown to increase the risk of certain serious contact lens related complications. The risk increases with the number of days in a row that lenses are worn between removals, beginning with the first overnight use.
 - When daily wear users wear their lenses overnight (outside the approved indication) the risk of ulcerative keratitis is 9 times greater than among those who do not wear them.
- Be sure to inform you eye care professional if you smoke.
 - Smoking increases the risk of serious problems with contact lens wear.

Following Directions

Be sure to follow exactly the instructions of your eye care professional regarding proper use of your contact lenses. Failure to do so may put you at significant risk of developing serious eye problems.

Replacing Your Lenses

Begin each daily wearing period with a fresh new lens. At the end of the wearing period, remove and discard the lens.

Always keep spare lenses or back-up spectacles with you.

Adverse Effects (Possible Problems)

Potentially serious complications are usually accompanied by one or more of the following problems:

- Foreign body sensation (feeling of something in your eye)
- Excessive watering or other unusual eye secretions
- Redness of the eyes
- Sensitivity to light (photophobia)
- Eyes burn, sting or itch
- Reduced lens comfort
- Blurred vision
- Rainbows or halos around objects
- Excessive feeling of dryness

What To Do if a Problem Occurs

If you experience any of these problems, IMMEDIATELY REMOVE YOUR LENS(es) and allow your eyes to rest for a period of at least one hour. If the discomfort or problem stops, insert a fresh new lens. If the problem continues, immediately remove your lens(es) and contact your eye care professional at once. Even less serious reactions must be treated promptly to avoid more serious complications.

Do not insert a lens onto an eye that is red, irritated, or painful. It may hide symptoms and delay treatment.

When Lenses Should Not Be Worn

Contact lenses should not be worn under certain general health and eye conditions. These include the following:

- Inflammation or infection in or around the eye or eyelids.
- Excessive dryness of the eyes that makes contact lens wear uncomfortable.
- Reduced corneal sensitivity.

- Systemic diseases that may be affected by or impact lens wear.
- Allergic conditions, reactions or ocular irritation caused or exaggerated by lens wear or certain preservatives in lens care products, such as rewetting drops.
- The use of any medication, including some eye medications, that shouldn't be used with, or interferes with contact lens wear.
- If eyes become red or irritated.

Periodic eye examinations are extremely important in order to detect and treat problems related to contact lens wear before they cause discomfort or pain.

GENERAL GUIDELINES FOR SAFE CONTACT LENS WEAR

Wearing Your Lenses

- Always clean and rinse your hands before handling your lenses.
- Your lenses are provided to you in foil-sealed tamper-evident blister pack containers. Never use a lens if the container seal is broken, as damage or contamination may have occurred.
- Do not use lenses that have passed their expiration date.
- Make a note of the correct lens power for each eye to avoid getting them switched.
- Don't wear your lenses longer than recommended by your eye care professional, no matter how comfortable the lenses feel. Doing so increases the risk of adverse effects.
- Don't excessively rub your eyes while the lenses are in. You may harm your eyes or damage the lens.
- Don't get water, soap or shampoo into your eyes while wearing lenses during a bath or shower. These substances could get on your lenses and irritate your eyes.
- Avoid harmful or irritating vapors while wearing your lenses.
- Be aware that hot and windy conditions may dry out your lenses. For example, air from a hair dryer, ceiling fan, car defroster or air conditioner may dry out your lenses and irritate your eyes.
- Tasks requiring visual concentration such as working at a computer may cause your eyes to feel dry. Look away at frequent intervals and blink often.
- Always inform your eye care professional and physician that you wear contact lenses. Contact lenses may not be recommended for use with certain medications or medical procedures.
- Inform your employer that you are a contact lens wearer. Some jobs may require the use of eye protection equipment or restrict the use of contact lenses in certain work environments.

- Ask your eye care professional about wearing lenses during sporting and water related activities. Exposure to water while wearing contact lenses during activities such as swimming, water skiing and hot tubs may increase the risk of:
 - eye infection, including but not limited to Acanthamoeba keratitis
 - damage to the lenses by chemicals in the water
 - loss of lenses
- Discard any lens which has become dried out or damaged. Replace it with a fresh new lens.
- Always keep a spare pair of lenses with you.

When to Remove Your Lenses

- Remove and discard your lenses after each daily wearing period. Don't nap or sleep overnight in FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses.
- Remove your lenses immediately if they become uncomfortable. Discomfort can be an early warning sign of a more serious problem, such as a corneal ulcer. If the discomfort continues, contact your eye care professional. Early treatment can help avoid more serious complications.

Cosmetic Products and Your Lenses

- Insert your lenses first before applying eye make-up. Otherwise, makeup can become trapped under the lens and irritate or injure your eyes.
- Lens damage, eye irritation or infection may result if cosmetics, lotion, soap, cream, hair spray, deodorant, perfume, or aerosol products come in contact with your lenses. If sprays are used, close your eyes until the spray has settled.

Other Eye Care Products and Medications

- Do not use eye drops, solutions, or medications in your eyes unless directed by your eye care professional. These solutions may damage your lenses or irritate your eyes.
- Certain medications may cause blurred vision, lens dryness, or lens discomfort. These include antihistamines, decongestants, diuretics, muscle relaxants, oral contraceptives, tranquilizers, and motion sickness medications. Always inform your eye care professional if you experience any problems with your lenses while taking such medications.

GETTING READY TO WEAR YOUR LENSES

Introduction

Good hygiene habits help promote safe, comfortable, and successful contact lens wear. Cleanliness is one of the most important aspects of handling your contact lenses. Starting with clean hands and a sanitary work area helps to reduce the chance of eye infections and irritation.

STEP 1 - Wash, Rinse, and Dry Hands

- **Wash your hands thoroughly**

with soap that does not have any oils, lotions, or perfumes.

- Thorough hand washing will remove dirt, germs, and oils that could get on the lenses and cause irritation or infection. Using the proper soap prevents chemical residues from getting on the lenses.

Always wash your hands before handling your lenses. This will remove dirt and oils that could get on the lenses. Proper hand washing also helps prevent eye infections.

- **Rinse your hands thoroughly** after washing.

- This removes all traces of soap and dirt.

- **Dry your hands** with a lint-free towel.

- This helps keep lint and dust from getting on your lenses and irritating your eyes.

Long fingernails can make lens placement, removal and cleaning more difficult. Sharp, rough fingernails can damage the lenses.

STEP 2 - Open the Multipack Carton and a Lens Container

The Multipack Carton

- All FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lenses are supplied in multipack cartons of individually foil-sealed blister packs.

Five blister packs are attached to form a single strip. Locate the opening flap on the multipack carton and pull up to break the seal.

The Lens Package

- Each FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lens is supplied in an easy-to-open foil blister pack container designed to maintain sterility of the lens and saline solution. To open an individual container, follow these simple steps:

1. Separate one container from the end of a multi-lens strip.
Fold along the perforation in the foil label and tear to separate.
2. Shake the lens package gently.
3. Grasp the tapered end of the package between the thumb and forefinger.
4. Peel back the label.
5. Carefully remove the lens from the blister pack.
 - Pour the lens into the palm of your clean hand.
 - If the lens sticks to the bottom of the container gently move it back and forth with the base of your finger until it slides freely. If the lens becomes damaged do not use it. Discard it and use the next lens in the multipack.
 - Do not use tweezers or other tools to remove the lens from the package. This could damage the lens.

Each multipack carton and blister pack container is marked with the lens power (your vision prescription). Lens powers may not be the same for both eyes, so multipack cartons have a check box to indicate which lens is for your left and right eye. Be sure to open the correct lens container for each eye.

Always start with the lens for your right eye. This will help ensure you don't get the lenses mixed up.

STEP 3 - Inspect the Lens for Damage or Foreign Matter

- Examine the lens to be sure it is clean and wet and does not have any nicks, tears, or particles sticking to it.
- Place the lens on the tip of your index finger and hold it up against a bright light.
- If the lens appears damaged, do not use it. Discard it and use the next lens in the multipack.

Never handle your lenses over a sink with an open drain. Shut the drain or place a clean paper towel over the opening to keep from losing your lenses.

STEP 4 - Make Sure the Lens Is Right Side Out

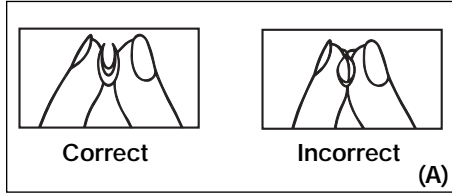
Check to see that your lens is right side out. A lens that is placed on the eye inside out may not feel comfortable or provide good vision.

Method 1-The 'Taco Test'

This is done by placing the lens in a skin crease in the palm of your hand and gently closing your hand.

- If the edges come together, the lens is right side out.
- If the edges turn outward, the lens is wrong side out. Carefully reverse it with your fingers.

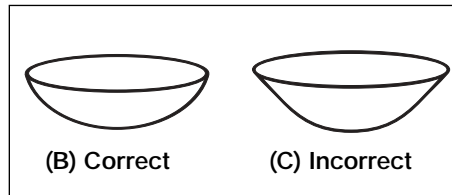
Another way to do the 'taco test' is to place the lens between your thumb and index finger and squeeze the edges together gently. **(A)**



Method 2

A second way to tell if the lens is right side out is to place the lens on the tip of your index finger and check its profile.

- If the edge appears bowl-shaped, it is right side out. **(B)** If the edge has a lip or flares outward, it is wrong side out and must be reversed. **(C)**



Note: Due to the thin design of FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lens, the lens may appear correct side out even after you have reversed it. If this occurs use the taco test described above.

STEP 5 - Place Lens on Eye

After you have thoroughly washed, rinsed, and dried your hands, rinsed and inspected the lens, and made sure it is right side out, you are ready to place the lens on your eye.

Remember to start by placing the right lens on the right eye first.

1. **Place the lens on the tip of your right index finger** (left index finger if you are left-handed and this is easier for you). Make sure your finger is dry, or the lens will stick to your finger and be difficult to transfer to your eye.

2. Place the middle finger of the same hand close to your lower eyelashes and pull down the lower eyelid. (D)



3. Use the fingers of the other hand to lift the upper right eyelid. (E)



4. Place the lens directly on the eye (cornea) and gently roll your finger away from the lens.

5. Look down and slowly remove your right hand, releasing the lower lid.

6. Look straight ahead and slowly remove your left hand, releasing the upper lid.

7. **Blink gently.** The lens should center automatically.

8. Repeat steps 1-7 above for the other lens.

Your eye care professional may suggest alternate methods for placement of the lens onto the eye.

If your vision is blurred or the lens is uncomfortable after putting on the lens, check for the following:

- The lens is not centered on the eye (see ***Centering the Lens***, next section)
- The lens is centered. Remove the lens (see ***Lens Removal*** section) and check for the following:
 - Cosmetics, oils, or particles on the lens. Discard the lens and use a fresh, new one.
 - The lens is wrong side out. Invert the lens and reinsert it.
 - The lens is on the wrong eye.
 - The lens may be torn or damaged. If so, do not place the lens back on your eye. Discard the lens and replace it with a new lens.

If your vision is still blurred or the lens is uncomfortable after checking the above, remove both lenses and contact your eye care professional.

After you have successfully inserted your lenses, you should ask yourself:

- Do the lenses **feel good?** (There should be no discomfort.)
- Do my eyes **look good?** (Your eyes should not be red or swollen.)
- Is my **vision good?** (You should be able to see clearly out of each eye individually and together.)

If you experience persistent difficulties inserting your lenses or if a lens is exceptionally uncomfortable following insertion remove the lens and contact your eye care professional immediately.

Centering the Lens

Occasionally a lens will be displaced onto the white part of the eye during lens placement or during lens wear. To center a lens, follow one of the methods below:

1. Look in the direction of the displaced lens. Blink gently. The lens should automatically move toward the center of the eye and into the correct position.

2. Close your eyelids and gently massage the lens into place through the closed eyelid. (F)



3. Gently push the off centered lens onto the cornea with the eye open, using gentle finger pressure on the edge of the upper or lower eyelid.

LENS REMOVAL

STEP 1 - Wash, Rinse, and Dry Hands

- **Wash your hands thoroughly** with soap that does not have any oils, lotions, or perfumes.
- **Rinse your hands thoroughly** after washing.
- **Dry your hands** with a lint-free towel.
 - This helps keep lint and dust from getting on your lenses and irritating your eyes.

STEP 2 - Make Sure Lens is on the Eye

Make sure the lens is centered on your eye before trying to remove it. Cover the other eye; if your vision is blurred, the lens is either off center or not on the eye at all. Locate the lens with a mirror and re-center it using one of the methods described in the section, ***Centering the Lens.***

**STEP 3 - Pull Down
Lower Eyelid**

Look upward, keeping your head level. Pull down the lower lid of your eye with your middle finger.



STEP 4 - Slide Lens Down

While looking up, place the tip of your index finger on the lower one-third of the lens and slide it down onto the lower white part of your eye.



- Some experienced soft lens wearers remove their lenses directly from the cornea. Due to the thin design of FreshLook® ONE-DAY (nelfilcon A) Color Soft Contact Lens, grasping the edge may be difficult. Removal directly from the cornea is NOT recommended.

STEP 5 - Pull Lens Off Eye

While still looking up, squeeze the lens between your thumb and index finger. Gently remove the lens from the eye.



STEP 6 - Discard the lens

Repeat Steps 2-6 for the left lens.

EMERGENCY LENS CARE

Cleaning and disinfection of the lens is not recommended. Always carry a spare pair of lenses or back-up spectacles.

OTHER IMPORTANT INFORMATION

Seasonal Ocular Allergy Wearers

A one-month subjective trial of contact lens wearers with a history of seasonal allergic conjunctivitis was conducted during a month of high pollen count in various US cities. Information was collected about allergy-related symptoms, wear-time and comfort during lens wear.

Study results found that these contact lens wearers experienced fewer days of burning and redness when wearing nelfilcon A based lenses as compared to a new pair of their usual lenses. The effects of allergy medication that may have been used during the study were not assessed.

Using Lens Lubricants

- If a lens lubricant (wetting drops) is recommended by your eye care professional, use one that is recommended for use with soft contact lenses according to the manufacturer's instructions.

If a Lens Dries Out

- If a lens is exposed to air while off the eye it may become dry, brittle, and permanently damaged. If this should occur discard the lens and use a fresh new one.

Care for a Sticking or Torn Lens

- If a lens sticks (stops moving) or begins to dry on the eye, apply a lubricating solution recommended for soft lenses according to the manufacturer's instructions for use.
 - Blink forcefully several times. Wait until the lens begins to move freely on the eye before trying to remove it.
 - While looking up slide the lens down onto the white part of the eye and remove the lens by pinching it between the thumb and forefinger.
 - If the lens continues to stick, **IMMEDIATELY** consult your eye care professional.
 - If the lens tears in your eye it will feel uncomfortable. Do not panic as it is not possible to lose a contact lens or part of a contact lens behind the eye. Remove the pieces carefully by gently pinching them as you would do for normal lens removal. If the lens pieces do not seem to remove easily, do not pinch the eye tissue excessively. Rinse the eye thoroughly with sterile saline solution. If this does not help, contact your eye care professional for assistance. Your eye care professional can easily find and remove the lens.

Emergencies

- If chemicals of any kind (household cleaners, gardening solutions, laboratory chemicals, pesticides, etc.) are splashed into the eyes:
 - **FLUSH EYES IMMEDIATELY WITH TAP WATER OR FRESH SALINE SOLUTION.**
 - **Remove and discard the lenses.**
 - **Call or visit your eye care professional or a hospital emergency room immediately.**

Additional information regarding emergency treatment may be provided on the product container label.

WEARER INFORMATION

EYE CARE PROFESSIONAL

Name _____

Street _____

City / State / Zip _____

Phone _____

Lens Brand / Type _____

Prescription Date _____

WEARING SCHEDULE

Recommended wearing schedule during adaptation period:

DAY	DATE (Month/Day)	Wearing Time (# Hours)	DAY	DATE (Month/Day)	Wearing Time (# Hours)
1	_____	_____	6	_____	_____
2	_____	_____	7	_____	_____
3	_____	_____	8	_____	_____
4	_____	_____	9	_____	_____
5	_____	_____	10	_____	_____

Remember to replace lenses every day.

Lens Supplies (Product Name or Manufacturer):

Lens Lubricant _____

APPOINTMENT SCHEDULE

Date _____ Time _____

Date _____ Time _____

Date _____ Time _____

Date _____ Time _____

Important: In the event that you experience difficulty wearing your lenses or do not understand the instructions given you, **DO NOT WAIT** for your next appointment. Contact your eye care practitioner immediately for assistance.

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