




MATERIAL AND PACKAGING

AIR OPTIX Individual soft contact lenses contain 68% silicon A and 32% water. The lenses are tinted with Phthalocyanine Green. **AIR OPTIX Individual** are packaged in individual blisters containing isotonic, phosphate buffered saline and are steam sterilised . Use only if pack and printed foil packs are intact.

INTENDED USE

AIR OPTIX Individual are intended for daily wear for the optical correction of vision in persons with non-diseased eyes, with minimal astigmatism that does not interfere with vision.

RECOMMENDED WEAR AND REPLACEMENT SCHEDULE

CIBA VISION recommends that your **AIR OPTIX Individual** lenses be discarded and replaced with a new pair of **AIR OPTIX Individual** lenses every 3 months.

In the interests of maintaining the health of your eyes, the wearing schedule should be determined by your eye care professional:

DAILY WEAR - (less than 24 hours while awake). The wearing time should be built up gradually until the maximum recommended is achieved. **THE LENSES MUST BE REMOVED BEFORE SLEEPING.**

HANDLING YOUR LENSES

Your eye care professional should provide you with detailed contact lens insertion and removal instructions.

Always wash and dry your hands before handling lenses. Gently shake the blister pack before opening. Peel back the foil lid. Pour the lens into the palm of your hand or if necessary, gently slide the lens out of the container using your forefinger. Ensure the lens is right side out and that you have the correct lens for that eye. Inspect your lenses prior to insertion. Do not insert if damaged.

When removing your lens, make sure that your hands are completely dry. Blink fully several times, then while looking up, slide the lens down onto the white part of the eye. Remove the lens by pinching it between the thumb and forefinger.

If the lens decentres on the eye, close your eye and gently massage the eyelid to return the lens to the central position. If this problem persists, consult your eye care professional.

Never use tweezers, suction cups, sharp objects or your finger nails to remove your lenses from the lens container or your eyes.

FALLING ASLEEP WHILE WEARING YOUR LENSES

If you inadvertently fall asleep for a short period while wearing your lenses no adverse effects are likely.


The lenses may however feel dry, this can usually be relieved by blinking fully several times.

TAKING CARE OF YOUR LENSES

• CORRECT CARE OF YOUR LENSES IS ESSENTIAL.

- **DISINFECT** your lenses each time they are removed to destroy harmful germs and to ensure safe and comfortable contact lens wear
- A separate **CLEANING** and **RINSING** step may be recommended by your eye care professional to remove contaminants from the lens surface. In addition, your lenses may require periodic enzymatic cleaning to remove protein.
- Your eye care professional should choose the lens care system most suitable for you.
- Ask your eye care professional before using any alternative lens care products.
- Do not alternate or mix lens care products from different systems.
- Use only soft contact lens disinfection products following the manufacturer's instructions.
- **DO NOT USE HEAT NOR ANY PRODUCT DESIGNED FOR HARD OR RIGID GAS PERMEABLE LENSES.**

Always remember the following:

- Always wash, rinse and dry your hands before handling your contact lenses.
- Never store lenses overnight in saline only. Saline will **NOT** protect your lenses from germs and your eyes from possible infection.
- Never re-use the solution in your lens case.
- Never use solutions that are past their expiry date. 
- Rinse your lens case daily with sterile saline or **fresh** lens care solution and allow to air dry. This helps avoid contamination and serious eye injury.
- Replace your lens case regularly.

IF YOU HAVE NOT WORN YOUR LENSES FOR A FEW DAYS, follow the instructions given for your contact lens care regimen and, if applicable, clean and disinfect your lenses prior to insertion.

WHEN NOT TO WEAR LENSES

Contact lenses should not be worn in conjunction with certain health or environmental conditions. Conditions that may prevent or interfere with safe contact lens wear include:

- Allergy, inflammation, infection or irritation in or around the eye or eyelids.
- Periods of poor health, such as severe colds or influenza.
- The use of some medications, including eye medication.
- Inadequate tear film (dry eyes).
- Excessively dry or dusty environments that make contact lens wear uncomfortable.
- Water sports without the use of goggles.

Consult with your eye care professional specifically regarding these or other conditions.

POSSIBLE PROBLEMS

Although soft contact lenses provide many benefits to the wearer, it is possible that problems can occur and may be first noticed as one or more of the following conditions:

- Feeling of something in the eye
- Uncomfortable lens
- Eye redness
- Sensitivity to light
- Burning, stinging, itching or watering eyes
- Reduced sharpness of vision
- Rainbows or halos around lights
- Increased eye secretions
- Discomfort/pain
- Severe or persistent dry eyes

These symptoms, if ignored, may lead to more serious complications.

WHAT TO DO IF A PROBLEM OCCURS


If any of the above symptoms occur:

- **IMMEDIATELY REMOVE THE LENS(ES).**
- If the discomfort or problem stops, then look closely at the lens(es).
- If the lens(es) is (are) in any way damaged, **DO NOT** put the lens(es) back on the eye(s): replace with a new lens(es) or consult your eye care professional.
- If the lens(es) has (have) dirt, an eyelash, or foreign body on it (them), or the problem stops and the lens(es) appear(s) undamaged, thoroughly clean, rinse and disinfect/neutralise the lens(es), before reinsertion.
- If the above symptoms continue after removal or upon reinsertion of the lens(es) remove the lens(es) **IMMEDIATELY**, then promptly contact your eye care professional. A serious condition such as infection, corneal ulcer (ulcerative keratitis), or iritis may be present. These conditions could progress rapidly and may lead to permanent loss of vision. Less serious reactions such as abrasions, epithelial staining and bacterial conjunctivitis must be managed and treated properly to avoid complications.
- Occasional dryness may be relieved by the use of lubricating and wetting drops. If dryness persists consult your eye care professional.
- If a lens sticks (stops moving), apply several drops of a lubricating solution and wait until the lens begins to move freely on the eye before attempting to remove it. If the lens continues to stick, **IMMEDIATELY** consult your eye care professional.

ADDITIONAL INFORMATION

The risk of a possible problem can be reduced by recognising the signs and following the advice, "What to do if a Problem Occurs". Correct cleaning and regular replacement of the lens case is essential. Smoking increases the risk of ulcerative keratitis for contact lens users.

IMPORTANT THINGS TO REMEMBER

- Check your eyes regularly to ensure they look well, feel comfortable and your vision is clear.
- It is recommended that contact lens wearers visit their eye care professional regularly as directed.
- Do not use lenses or lens care products after their expiry date. 
- Keep a note of the correct lens power for each eye.
- Be careful while using soaps, lotions, creams, cosmetics or deodorants as they can cause irritation if they come in contact with your lenses.
- Insert your lenses **before** applying make-up and remove them **before** taking your make-up off.
- Avoid spraying aerosols such as hair spray near your eyes while wearing your lenses as this may cause irritation.
- Consult your eye care professional about wearing lenses during sporting activities including swimming.
- Remove your lenses when exposed to noxious or irritating vapours.
- Never allow contact lenses to come into contact with non-sterile water (including tap water) as microbial contamination can occur, which may lead to permanent eye damage.
- Inform your employer that you wear contact lenses, especially if your job involves using eye protection equipment.
- Do not wear **AIR OPTIX Individual** lenses while sleeping.

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