

# Patient Instruction Booklet

## TOTAL30™, TOTAL30™ for Astigmatism and TOTAL30™ Multifocal (Iehfilcon A) One Month Replacement 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

# Alcon

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## **Commonly Used Terms**

- Astigmatism** A common vision condition where the cornea is not equally curved in all parts of its surface. It is somewhat oval in shape causing the visual image to be out of focus (blurred).
- Cornea** The clear “window” of the eye, permitting light to enter, located in front of the iris and pupil
- Iris - The colored part of the eye which controls the size of the pupil
  - Pupil - The black round opening surrounded by the iris
- Daily Wear** Contact lens wear for less than 24 hours a day, while awake. Normal daily wear of contact lenses assumes a minimum 6-hour period of non-lens wear each day. Individual wearing times will vary.
- Disinfection** A process that kills harmful microorganisms (germs) that can cause serious eye infections
- Lens Deposits** Particles such as cosmetics, lotions, protein from the tear film, environmental pollutants, etc., which collect on the lens surface
- Presbyopia** The gradual loss of the eye’s ability to change focus from distance to near, resulting in a need for additional correction for near tasks such as reading. The effects of presbyopia are generally first noticed after age 40.

The following may appear on labels or cartons:

Symbol/ Abbreviation	Description
	CAUTION: Federal (United States) law restricts this device to sale by or on the order of a licensed eye care professional.
	Date of manufacture
	Sterilized using steam
	Use-by date (Expiry date)
	English (example of two letter code for the language)
	European conformity mark
	Do not use if blister package is damaged
	DO NOT DISPOSE LENSES IN TOILET OR SINK
L	Left
D	Diopter (lens power)
BC	Base curve
LO	Low
MED	Medium
HI	High

Symbol/ Abbreviation	Description
	Caution
	Consult instructions for use
	Unique device identifier
	Manufacturer
	Single sterile barrier system
	Batch code
	Medical device
	Authorized representative in the European Community/ European Union
	Packaging waste license sign
PWR	Power
R	Right
DIA	Diameter
CYL	Cylinder power
ADD	Addition power
MAX ADD	Maximum effective addition power

## INTRODUCTION

*Welcome!*

**TOTAL30™, TOTAL30™ for Astigmatism and TOTAL30™ Multifocal (lehfilcon A)** contact lenses are a breakthrough in soft contact lenses and represent a new option for contact lens convenience and comfort. This booklet explains how to safely use your **TOTAL30™, TOTAL30™ for Astigmatism and TOTAL30™ Multifocal (lehfilcon A)** contact lenses. Read it carefully and keep it in a safe place for future reference.

### ***About Your Contact Lenses***

**TOTAL30™, TOTAL30™ for Astigmatism and TOTAL30™ Multifocal (Iehfilcon A)** contact lenses may be prescribed by an eye care professional for daily wear with removal for cleaning and disinfection prior to reinsertion and planned replacement (at least every month), or daily disposable wear (wear a new pair of lenses every day). Your eye care professional will determine the wear and replacement schedule that's right for you. Based on these schedules, the eye care professional will also determine the number of lenses required, the frequency of follow-up care, and a dispensing schedule.

For daily wear, lenses are worn for part of a day and not worn while sleeping. Your eye care professional will tell you how long to rest your eyes between wearing periods. When worn for daily wear with planned replacement, your eye care professional will recommend a replacement period and appropriate lens care products that are right for you. If your eye care professional has recommended daily disposable wear, lenses are discarded each day after a single use (not reused with lens care).

For your eye health, **it is important that you follow the wearing and replacement schedule as prescribed by your eye care professional.** If you wear your lenses too long you can harm your eyes.

The contact lenses are available in various lens designs that are used for different kinds of vision correction, as follows:

- **TOTAL30™** spherical lenses are used to correct nearsightedness (myopia) or farsightedness (hyperopia).
- **TOTAL30™ for Astigmatism** toric lenses are used to correct astigmatism, in addition to nearsightedness or farsightedness.
- **TOTAL30™ Multifocal** lenses are used to correct presbyopia (diminished ability to focus on near objects).

In addition, each of the lens designs comes in a range of prescriptive powers (Rx). Your eye care professional will prescribe the appropriate lens design and prescriptive power that's needed to correct vision in your right and left eyes.

## About This Booklet

**Read this booklet carefully and follow all of the instructions.**

This booklet explains how to wear and care for your new lenses. If you have questions after reading this booklet, call or visit your eye care professional. Also, you may call Alcon toll free in the USA at **1-800-757-9785**.

Successful, safe contact lens wear depends on following the recommendations of your eye care professional and practicing good lens care habits. If you do not, you may:

- increase the chances of serious eye infection and injury
- cause damage to your contact lenses

### **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 TOTAL30™, TOTAL30™ for Astigmatism or TOTAL30™ Multifocal (Iehfilcon A) contact lenses.**
  - Daily wear lenses are not indicated for overnight wear. Clinical studies have shown that the risk of serious adverse reactions is increased when daily wear lenses are worn overnight.
  - When daily wear users wear their lenses overnight (outside the approved indication) the risk of ulcerative keratitis is nine times greater than among those who do not wear them overnight.



- **Be sure to inform your eye care professional if you smoke.**
  - Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than nonsmokers.

### ***Follow Lens Care Directions***

- **Lenses worn for daily wear with planned replacement require proper cleaning and disinfection. Be sure to follow exactly the instructions of your eye care professional and manufacturers' labeled lens care instructions** for proper use and care of your contact lenses and lens care products. Failure to do so may put you at significant risk of developing serious eye problems.

### ***Use Proper Lens Care Solutions***

- **Do not use saliva, tap water, distilled water, or homemade saline solution for any purpose in caring for your lenses.** The use of these solutions has been associated with serious eye infections including *Acanthamoeba* keratitis, a corneal infection which is resistant to treatment and cure.

### **Adverse Effects (Possible Problems)**

- Eye discomfort
- Excessive tearing
- Vision changes
- Loss of vision
- Eye redness

If you experience these or other problems:

- **IMMEDIATELY REMOVE THE LENSES AND PROMPTLY CONTACT YOUR EYE CARE PROFESSIONAL.**
- A serious condition such as corneal ulcer or eye infection may be present and may progress rapidly. Even less serious reactions such as a scratched cornea must be treated promptly to avoid more serious complications.

### ***What To Do if a Problem Occurs***

**If you experience a problem, immediately remove your lens(es). Identification of the problem and prompt treatment may help avoid serious eye damage.**

**IMMEDIATELY remove the lens(es),**

**1. If the discomfort stops, then look closely at the lens(es).**

- **If a lens is damaged in any way, DO NOT put the lens back on your eye. Place the lens(es) in the storage case, or discard and contact the eye care professional.**

- **If a lens has dirt, an eyelash or other foreign body on them, and the lens appears undamaged, thoroughly clean, rinse and disinfect prior to reinsertion. After reinsertion, if the problem continues, remove the lens(es) immediately and contact the eye care professional.**
- 2. If discomfort continues after you have removed your lenses,**
- **IMMEDIATELY contact the eye care professional.**
  - **Do not insert a new or spare lens onto an eye that is red, irritated, or painful. A new lens 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. Only your eye care professional can determine if continued contact lens wear is right for you. 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
- Any condition that reduces 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
- The use of any medication, including some eye medications, that shouldn't be used with, or that interferes with, contact lens wear
- If eyes become red or irritated

### **GENERAL GUIDELINES FOR SAFE CONTACT LENS WEAR**

***While wearing your TOTAL30™, TOTAL30™ for Astigmatism or TOTAL30™ Multifocal (lehfilcon A) contact lenses, check your eyes regularly to make sure they look well, feel comfortable and vision is clear.***

- Always clean, rinse and dry your hands thoroughly 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.
- **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 during a bath or shower. These substances could get on your lenses and irritate your eyes.
- Be aware that hot and windy conditions may dry out your lenses. For example, air from a hair dryer, ceiling fan, or open car window may dry out your lenses and irritate your eyes.
- Always inform your eye care professional, physician and employer that you wear contact lenses. Contact lenses may not be used with certain medications or medical procedures, may not be suitable for certain occupations, or may require eye protection equipment.
- Exposure to water while wearing contact lenses in 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 the lenses
- Consult your eye care professional about wearing lenses during sports and water related activities.

### ***Water Activity***

#### ***Instruction for Use:***

- Do not expose your contact lenses to water while you are wearing them.

### **WARNING:**

Water can harbor microorganisms that can lead to severe infection, vision loss or blindness. If your lenses have been submersed in water when swimming in pools, lakes or oceans, you should discard them and replace them with a new pair. Ask your eye care professional for recommendations about wearing your lenses during any activity involving water.

- Do not use lenses that have passed their expiration date.
- Make note of the correct lens power for each eye to avoid getting them switched.
- Discard any lens that has become dried out or damaged. Replace it with a fresh, new lens.
- Always keep a supply of replacement lenses on hand or have a back-up pair of spectacles available.

### ***Storing Your Lenses***

- Store your lenses in the recommended solution when not being worn. Soft lenses are made of special materials that must be kept wet at all times to avoid damage from drying out.
- Always use fresh solution when storing your lenses. Previously used solutions can become contaminated and increase the risk of infection.
- Always follow the manufacturer's instructions for the lens care system your eye care professional has prescribed.

### ***When to Remove Your Lenses***

- Do not wear your lenses for longer periods each day than your eye care professional has recommended, and don't nap or sleep overnight in the lenses. Sleeping with lenses on increases the risk of eye infection.
- Remove your lenses immediately if they become uncomfortable. Discomfort can be an early warning sign of a more serious problem. If the discomfort continues after lens removal, contact your eye care professional immediately. Early treatment can help avoid more serious complications.
- Remove your lenses if you will be in the presence of irritating liquids, gases, chemicals, or smoke. Your lenses can become damaged by absorbing these substances and irritate or injure your eyes. If exposed to these substances while wearing your lenses, see the ***EMERGENCIES*** section in the back of this booklet.
- ***Note: Lenses removed from your eyes must be cleaned, rinsed, and disinfected prior to reinsertion.***

### ***Cosmetic Products and Your Lenses***

- 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.
- Apply eye make-up only after you have inserted the lenses. Otherwise, make-up can become trapped under the lens and irritate or injure your eyes.
- Do not use nail polish remover while wearing your lenses. The fumes can damage the lenses.

### ***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. You may use lens rewetting drops that are approved for use with soft contact lenses.
- 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.

- Do not use solutions made only for hard contact lenses. They can damage your soft lenses, which may result in serious eye complications.

## **LENS PLACEMENT ON THE EYE**

### ***Introduction***

Good hygiene habits help promote safe, comfortable and successful contact lens wear. Cleanliness is one of the most important aspects of handling and caring for your contact lenses. Starting with clean hands 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.
- **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.

**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.**

### ***Step 2 – Open the Multipack Carton and Lens Container***

**TOTAL30™, TOTAL30™ for Astigmatism and TOTAL30™ Multifocal (Iehfilcon A)** contact lenses are supplied sterile in foil-sealed plastic containers (blister packs) containing isotonic phosphate buffered saline with additives. Lenses in sealed blister packs are provided in a foldable carton. Locate the opening flap on the carton and pull up to break the seal.

Each carton and lens blister pack container is marked with the lens power (your contact lens prescription). Lens powers may not be the same for both eyes, so cartons have a check box for your eye care

professional to mark, indicating which lens is for your left or right eye. Be sure to open and use the correct lens for each eye.

### **The Lens Package**

- Each lens is supplied in a foil sealed plastic container designed to maintain sterility of the lens and saline solution. The product should not be used if the plastic container (blister pack) is damaged or not completely sealed. To open an individual container, follow these simple steps:
  1. Shake the lens package gently, and peel back lid.
  2. Carefully remove the lens from package.
    - With a clean finger, gently slide the lens out of the lens container or pour the lens onto the palm of your clean hand.
    - Do not use tweezers or other tools to remove the lens from container. This could damage the lens.

### **Step 3 – Inspect the Lens for Damage or Foreign Matter**

- Thoroughly rinse the lens with the recommended sterile saline solution according to the manufacturer's instructions. This will remove any possible traces of dust, lint or other particles from the lens. Foreign material could get trapped under the lens and cause eye discomfort.
- Examine the lens to be sure it is clean and moist 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 or dried out, 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.**

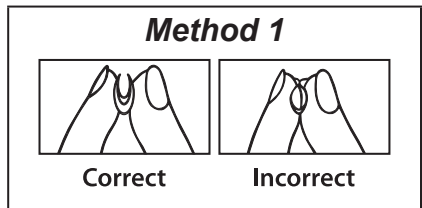
### **Step 4 – Make Sure the Lens Is Right Side Out**

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**

One way to do this is to place the lens between your thumb and index finger and squeeze the edges together gently.

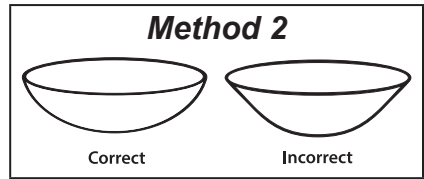
- If the edges come together, the lens is right side out.
- If the edges turn outward, the lens is wrong side out. Carefully reverse it with your fingers.



## **Method 2**

Another way is to place the lens on the tip of your index finger and check its shape.

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



## **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 with the same lens first (right or left), then the other lens. This helps avoid getting the lenses mixed up.

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 completely 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**
3. **Use the fingers of the other hand to lift the upper right eyelid.**



4. **Place the lens directly on the eye (cornea) by gently rolling it off the index finger.**
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 insertion of the lens onto the eye.**

If your vision is blurred or the lens is uncomfortable on your eye, 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. Clean and rinse the lens and place on the eye again.
  - The lens is on the wrong eye.
  - The lens is wrong side out.
  - 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 or have any discharge.)
- Is my **vision good?** (You should be able to see clearly out of each eye individually and together.)

**If the answer to any of these questions is no, immediately remove your lenses and contact your eye care professional.**

### **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:*

**Method 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.

**Method 2. Close your eyelids and gently massage the lens into place through the closed eyelid.**



**Method 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 FROM THE EYE**

Remember to remove the same lens first (right or left), then the other lens. This helps avoid getting the lenses mixed up.

It may be easier to remove your contact lenses if you use rewetting drops (approved for use with soft lenses) recommended by your eye care professional 10 to 15 minutes before lens removal. This will also help prevent lens tearing during the removal process.

### ***Step 1 - Wash, Rinse, and Dry Hands***

- **Wash your hands thoroughly** with soap that does not have any oils, lotions, or perfumes.

Refer to the section ***LENS PLACEMENT ON THE EYE*** for important additional information.

### ***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 edge of the lens and slide it down onto the lower white part of your eye.**



### ***Step 5 - Pull Lens Off Eye***

**Still looking up, squeeze the lens gently between your thumb and index finger. Gently remove the lens from the eye.**



## **Repeat Steps 2-5 for the other lens**

If a lens tears in your eye, remove the pieces carefully by pinching them as you would for normal lens removal. If the lens pieces do not seem to remove easily, do not pinch the eye tissue. Rinse with saline. If this does not help, contact the eye care professional for assistance.

## REPLACING YOUR LENSES

**Alcon** recommends one month replacement or sooner, as recommended by the eye care professional. Old lenses can cause discomfort, decreased vision and may adversely affect your eye health.

## FOLLOW-UP CARE

Do not skip visits with your eye care professional just because your lenses feel comfortable. Routine follow-up visits help prevent problems. Only a thorough examination by your eye care professional can determine how your eyes are responding to contact lenses. Early signs of a problem can be detected and treated before you can feel them. Alcon recommends that patients see their eye care professional once each year, or more often, as directed by the eye care professional.

## LENS CARE

Your eye care professional may either recommend using lenses for daily wear with frequent/planned replacement (replace lenses every month), or disposable wear (wear a new pair of lenses every day).

If your eye care professional has prescribed lenses for daily disposable wear, no lens care is indicated as lenses are discarded upon removal from the eye. Lenses should only be cleaned, rinsed and disinfected on an emergency basis when replacement lenses or spectacles are not available.

If your eye care professional has prescribed lenses for daily wear with frequent/planned replacement, worn lenses must be cleaned and disinfected prior to reinsertion and your eye care professional will recommend contact lens care products to use.

### ***General Guidelines for Lens Care (daily wear with frequent/planned replacement)***

The following information applies to **TOTAL30™**, **TOTAL30™ for Astigmatism** and **TOTAL30™ Multifocal (lehtfilcon A)** contact lenses when prescribed for daily wear with frequent/planned replacement.

- **Follow the complete lens care regimen exactly as directed in the specific labeling instructions that accompany the solutions recommended by your eye care professional. Failure to do so may contribute to problems.**
- Lenses removed from your eyes must be cleaned, rinsed, and disinfected before reinsertion.
  - **Cleaning** loosens and removes accumulations of film, deposits, and debris that can cause irritation, and prepares lenses for disinfection.
  - **Rinsing** removes cleaning and disinfection solutions and helps make your lenses feel more comfortable.

**Disinfecting** kills germs that can cause eye infections.

- Failure to clean and rinse prior to disinfection may result in incomplete lens disinfection.
- Saline solutions are used to rinse, **NOT** to clean or disinfect.
- **Alcon** recommends a chemical (not heat) method of disinfection, such as *CLEAR CARE™ Cleaning & Disinfecting Solution*, *CLEAR CARE™ PLUS Cleaning and Disinfecting Solution* or *Opti-Free PureMoist™ Multi-Purpose Disinfecting Solution* for use with **TOTAL30™**, **TOTAL30™ for Astigmatism** and **TOTAL30™ Multifocal (Iehfilcon A)** contact lenses. The following are typical instructions with related warnings for use of contact lens care multi-purpose solutions.

**IMPORTANT:** Contact lens hydrogen peroxide cleaning and disinfecting solutions are not multi-purpose solutions. Hydrogen peroxide solutions require neutralization in a special lens case or burning and stinging will occur. For hydrogen peroxide disinfecting solutions carefully follow the manufacturer's instructions.

**a. Soaking and Storing Your Lenses**

***Instruction for Use:***

- Use only fresh multi-purpose (contact lens disinfecting) solution each time you soak (store) your lenses.

**WARNING:**

Do not reuse or “top off” old solution left in your lens case since solution reuse reduces effective lens disinfection and could lead to severe infection, vision loss or blindness.

“Topping-Off” is the addition of fresh solution to solution that has been sitting in your case.

**b. Rub and Rinse Time**

***Instruction for Use:***

- Rub and rinse your lenses according to the recommended lens rubbing and rinsing times in the labeling of your multi-purpose solution to adequately disinfect your lenses.

**WARNING:**

- Rub and rinse your lenses for the recommended amount of time to help prevent serious eye infections.
- Never use water, saline solution, or rewetting drops to disinfect your lenses. These solutions will not disinfect your lenses. Not using the recommended disinfectant can lead to severe infection, vision loss or blindness.

### c. **Lens Case Care**

#### ***Instruction for Use:***

- Empty and clean contact lens cases with digital rubbing using fresh, sterile disinfecting solution/contact lens cleaner. Never use water. Cleaning should be followed by rinsing with fresh, sterile disinfecting solution (never use water) and wiping the lens cases with fresh, clean tissue is recommended. Never air-dry or recap the lens case lids after use without any additional cleaning methods. If air drying, be sure that no residual solution remains in the case before allowing it to air dry.
- Replace your lens case according to the directions given to you by your eye care professional or the labeling that came with your case.
- Contact lens cases can be a source of bacterial growth.

#### **WARNING:**

Do not store your lenses or rinse your lens case with water or any non-sterile solution. Only use fresh multi-purpose solution so you do not contaminate your lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.

### d. **Discard Date on Multi-purpose Solution Bottle**

#### ***Instruction for Use:***

- Discard any remaining solution after the recommended time period indicated on the bottle of multi-purpose solution used for disinfecting and soaking your contact lenses.
- The Discard date refers to the time you can safely use a contact lens care product after the bottle has been opened. It is not the same as the expiration date, which is the last date that the product is still effective before it is opened.

#### **WARNING:**

Using your multi-purpose solution beyond the discard date could result in contamination of the solution and can lead to severe infection, vision loss or blindness.

- To avoid contamination, DO NOT touch tip of container to any surface. Replace cap after using.
- To avoid contaminating your solution, DO NOT transfer to other bottles or containers.
- Heat disinfection has not been tested and is not recommended.
- Use of an enzymatic cleaner is optional and may be recommended by

the eye care professional if warranted.

- Lens compatibility with an abrasive type cleaner has not been tested and is not recommended.
- Never use a hard (rigid) lens solution unless it is also indicated for use with soft contact lenses, as corneal injury could result.
- Do not alternate, change, or mix lens care systems or solutions for any one pair of lenses unless specifically indicated in the product labeling. Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. If in doubt, consult your eye care professional.
- If you remove your lenses and do not have access to your lens care products, do not reinsert the lenses. Store your lenses in the lens case until they can be cleaned, rinsed, and disinfected.
- Use only fresh, unexpired, sterile lens care solutions recommended for use with soft contact lenses according to the manufacturer's instructions provided with the specific products.
- **When opened, sterile, non-preserved, non-aerosol solutions must be discarded after the time specified in the label directions.**

### **Step 1 - Cleaning**

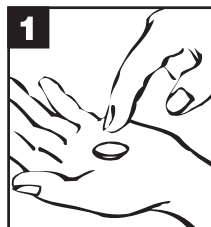
**Cleaning** loosens and removes accumulations of film, deposits, and debris that can cause irritation, and prepares lenses for disinfection.

#### **Wash, Rinse, and Dry Hands**

#### **Remove and Clean One Lens at a Time**

#### **Clean Lens**

- **Place the lens in the palm of one hand and add cleaner according to the manufacturer's instructions for use.**
  - Rub the lens with firm but gentle pressure, in a back and forth (not circular) motion. A circular motion may cause the lens to split or tear.
  - The rubbing action of your finger against the lens removes mucus, dirt, and other material from the lens surface. These substances may not be visible even though they are present on your lenses.



### **Step 2 - Rinsing**

**Rinsing** removes cleaning and disinfecting solutions and helps make your lenses feel more comfortable.

- Thoroughly rinse the lens with fresh sterile saline solution according to the manufacturer's instructions for use.

- Make sure all of the cleaning solution has been rinsed off. Any remaining cleaner can irritate the eye and may interfere with the disinfection process.



### **Step 3 - Disinfection**

**Disinfecting** kills germs that can cause eye infection.

- Follow the manufacturer's instructions that come with the chemical disinfection system recommended by your eye care professional. In most cases, you will:
  1. Always fill the lens case with **fresh** disinfection solution.
  2. **Close tightly**. The lenses must be fully covered by the disinfection solution to ensure proper disinfection and to keep from drying out.
  3. **Allow lenses to remain in the case for the length of time specified in the instructions**. This will help keep harmful germs from growing on your lenses.

### **Care of the Lens Case**

Contact lens cases can be a source of growth for harmful organisms. These germs may be present even when the case looks clean. Putting clean lenses in a dirty or contaminated case makes the lenses unsafe to wear. Always follow the manufacturer's instructions for care of the actual lens case you are using.

#### **Rinse lens case**

To prevent contamination and help avoid serious eye infection:

- Always empty the lens case after putting the lenses on your eyes
- Rinse the case according to the manufacturer's instructions.

#### **Replace lens case regularly**

Regular replacement will help prevent case contamination by germs that can be harmful to your eyes.

- Replace the lens case at regular intervals according to the manufacturer's instruction for use.
- If there are no instructions for how often to replace the case, follow the recommendations of your eye care professional.
- **Fresh solution should be used each time the lens is placed in the lens case. Never add fresh solution to old solution since this can increase the risk of lens and lens case contamination and eye infection.**

## OTHER IMPORTANT INFORMATION

### *Lens and Packaging Saline*

**TOTAL30™, TOTAL30™ for Astigmatism and TOTAL30™ Multifocal (lehfilcon A)** soft contact lenses are made of a lens material that is approximately 55% water and 45% lehfilcon A, a silicone containing hydrogel. Lenses contain the color additive Reactive Blue 247, and have a light blue-green tint that makes them easier to see when handling. Lenses are provided sterile in blister packs containing buffered saline with approximately 1% copolymers of polyamidoamine epichlorohydrin and poly(2-methacryloxyethyl phosphorylcholine-co-2-aminoethyl methacrylate hydrochloride) and are steam sterilized. In addition, lenses contain benzotriazole UV and UV-VIS absorbing monomers to block UV radiation and reduce transmittance of high energy visible light (HEVL).

### **UV and high energy visible light transmittance (HEVL)**

- **WARNING:** UV absorbing contact lenses are NOT substitutes for protective UV absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. The patient should continue to use UV absorbing eyewear as directed.
- **NOTE:** The effectiveness of wearing UV-absorbing contact lenses in preventing or reducing the incidence of ocular disorders associated with exposure to UV-light has not been established at this time.

### **High energy visible light transmittance (HEVL)**

High energy visible light filtering provided by **TOTAL30™, TOTAL30™ for Astigmatism and TOTAL30™ Multifocal (lehfilcon A)** soft contact lenses is additive to the natural crystalline lens. There is no demonstrated clinical benefit to the additional reduction in visible light at wavelengths below 450 nm as provided by **TOTAL30™, TOTAL30™ for Astigmatism and TOTAL30™ Multifocal (lehfilcon A)** contact lenses. Consult your Eye Care Professional for more information.

- **NOTE:** Filtering of HEV light (HEVL) by contact lenses has not been demonstrated to confer any health benefit to the user, including but not limited to retinal protection, protection from cataract progression, reduced eye strain, improved contrast, improved acuity, reduced glare, improved low light vision, or improved circadian rhythm/sleep cycle. Consult your eye care professional for more information.

### ***Using Wetting Drops (Lens Lubricant)***

- If wetting drops are recommended by your eye care professional (such as Alcon *OPTI-FREE™ PureMoist™ Rewetting Drops*), follow the directions for use provided by the manufacturer. Not all lens lubricants can be used with soft contact lenses.

### ***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 new one to avoid possible irritation or injury to the eye.

### ***Care for a Sticking 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.
- Wait until the lens begins to move freely on the eye before trying to remove it. If the lens continues to stick, **IMMEDIATELY** consult your eye care professional.

### ***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 the lenses and place them in the recommended storage solution.**
  - **Call or visit your eye care professional or a hospital emergency room immediately.**

### ***Disposal and Recycling***

Dispose of contact lenses and the blister pack lidding in the waste bin, not down the toilet or sink. The carton packaging and the polypropylene (PP) plastic shell of the blister pack should be placed in the waste bin or recycled according to local waste management guidance.



## **INSTRUCTIONS FOR THE MONOVISION WEARER (SPHERICAL OR TORIC)**

- 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 is available with monovision may be accompanied by a vision compromise that may reduce your distance 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 you drive with monovision correction only if you pass the driver's license requirements with your 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 professional 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 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 contact lens correction to provide the clearest vision for critical tasks. You should discuss this with your eye care professional.
- It is important that you follow your eye care professional'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 a monovision correction is most appropriately left to the eye care professional in conjunction with you, after carefully considering and discussing your needs.

## **INSTRUCTIONS FOR THE PRESBYOPIC PATIENT (MULTIFOCAL OR MONOVISION)**

- Two common methods of using contact lenses for presbyopic vision correction include multifocal or bifocal lenses, and monovision. Like bifocal, trifocal, or progressive addition spectacles, multifocal contact lenses have separate powers for distance and near vision in each lens. This allows the wearer to use both eyes for seeing at all distances. Monovision correction entails the use of standard single vision lenses with a distance powered lens being worn on one eye and a near powered lens on the other eye.
- As with any type of lens correction, there are advantages and compromises with multifocal or monovision correction. The benefit of clear near vision in straight ahead and upward gaze that is available may be accompanied by reduced vision at certain distances or under certain lighting conditions. Some individuals, particularly those wearing monovision lenses may experience reduced depth perception. Some patients experience difficulty adapting to this. Symptoms such as mild blurring, dizziness, headaches and a feeling of slight imbalance, may last briefly or for several weeks as adaptation takes place. The longer these symptoms persist, the poorer your prognosis for successful adaptation.
- During the adaptation period it is recommended that you wear these contact lenses only in familiar situations which are not visually demanding. For example, you should avoid driving an automobile until you are comfortable that your eyes have adjusted. It is recommended that you drive with multifocal or monovision correction only if you can pass the driver's license requirements with your lenses.
- Some patients will never be fully comfortable functioning in low light, such as driving at night. If this happens, you may want to discuss with your eye care professional having additional contact lenses prescribed so that both eyes are corrected for distance when sharp distance vision is required.
- If you perform prolonged close work requiring very sharp near vision you may need to wear spectacles over your lenses or have additional lenses prescribed specifically for this task. You should discuss your specific visual needs with your eye care professional.
- It is important that you follow your eye care professional's

advice regarding adaptation to presbyopic vision correction. During the adaptation period you should make careful note of any specific situation where you feel unable to function effectively and safely, and discuss these concerns with your eye care professional.

- The decision to be fit with multifocal lenses or a monovision correction should be made in conjunction with your eye care professional only after carefully considering and discussing your needs.

## LENS CARE PRODUCT CHART FOR SOFT CONTACT LENSES

Lens care products when prescribed for daily wear with frequent/planned replacement):

<b>CLEAR CARE™ Cleaning &amp; Disinfecting Solution</b>	3% Hydrogen peroxide based solution for cleaning, disinfecting & protein removal
<b>CLEAR CARE™ PLUS Cleaning &amp; Disinfecting Solution</b>	3% Hydrogen peroxide based solution for cleaning, disinfecting & protein removal. Contains HydraGlyde Moisture Matrix multi-functional block copolymer that is primarily designed for wetting and lubricating silicone hydrogel lenses.
<b>OPTI-FREE™ PureMoist™ Multi- Purpose Disinfecting Solution</b>	Multi-purpose solution for cleaning, rinsing, disinfecting, and protein removal. Contains HydraGlyde Moisture Matrix multi-functional block copolymer that is primarily designed for wetting and lubricating silicone hydrogel lenses.

### Other Alcon Lens Care Products:

<b>OPTI-FREE™ PureMoist™ Rewetting Drops</b>	Lubricating and rewetting
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## WEARER INFORMATION

Eye Care Professional:

Contact Lens Information:

Name:		Lens Brand/Type:	
Street:		Prescription/Date:	
City/State/Zip:			
Phone:			

### ***Wear & Replacement Schedules:***

The wearing and replacement schedules should be determined by your eye care professional. Patients tend to over-wear the lenses initially. It is very important to adhere to the initial maximum wearing schedule. Regular checkups, as determined by your eye care professional, are also extremely important.

Alcon recommends that the lens be discarded and replaced with a new lens on a monthly basis. However, your eye care professional is encouraged to determine a lens replacement schedule based upon the response of the patient.

***Daily Wear Only (less than one day, while awake)***

### ***REPLACEMENT SCHEDULE:***

***Replace lenses every month or every***  \_\_\_\_\_ ***days or every***  \_\_\_\_\_ ***weeks***

### ***LENS CARE SUPPLIES (Product Name or Manufacturer):***

<b><i>Lenses worn for daily wear with frequent/planned replacement:</i></b>			
<b><i>Saline Solution:</i></b>			
<b><i>Daily Cleaning Solution:</i></b>		<b><i>Lens Wetting Drops:</i></b>	
<b><i>Disinfecting Solution:</i></b>			

<b><i>Lenses worn for daily disposable wear:</i></b>			
<b><i>Saline Solution:</i></b>		<b><i>Lens Wetting Drops:</i></b>	

### ***Appointment Schedule:***

<b>Date:</b>		<b>Time:</b>		<b>Date:</b>		<b>Time:</b>	
<b>Date:</b>		<b>Time:</b>		<b>Date:</b>		<b>Time:</b>	

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

# Alcon

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[www.alcon.com](http://www.alcon.com)

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