

H.W Soft Contact Lens Care and Users Education

H.W assures providing soft contact lenses of high standard of quality recognized at the market, the lens's users achieve maximum comfort, high visual acuity and enhanced contrast sensitivity.

Caution: dispensing without specialist's prescription is prohibited.

Description:

H.W offers a range of soft lathe cut contact lenses of superb surfaces and unique stable characteristics all over the lens's life span.

H.W. 38 [62% cross- linked poly 2 HEMA, (Filcon1), 38% water] is a daily wear contact lens, available for all myopic and hyperopic wearers

H.W. O3 ultra thin [62% cross-linked poly 2HEMA, (Filcon1), 38% water] is a daily prolonged wear contact lens available for myopic wearers up to -12.5 D.

H.W. 60 [42% Vinyl Pyrrolidone and Methyl Methacrylate, (Filcon1), 58% water] is a daily wear contact lens specifically for hyperopic and aphakic wearers.

H.W. G60 [42% Vinyl Pyrrolidone and Methyl Methacrylate, (Filcon1), 58% water] is a daily prolonged wear contact lens with UV absorbers and blue handling tint specifically for myopic wearers.

H.W. X55 [42% Glycerol Methacrylate, (Filcon2), 58% water] is a daily prolonged wear contact lens with UV absorbers, blue handling tint and superior water retention specifically for myopic wearers suffering from dry eye and/or facing long time exposure to VDU (video display units).

H.W. 70 [33% Vinyl Pyrrolidone and Methyl Methacrylate, (Filcon2), 67% water] with UV absorber specifically described for therapeutic and pediatric cases.

Suggested replacement

H.W.38 lenses are suggested for 10 months replacement.

H.W.O3 lenses are suggested for 6 months replacement.

H.W.60 lenses are suggested for 8 months replacement.

H.W.G60 lenses are suggested for 8 months replacement.

H.W.X55 lenses are suggested for 8 months replacement.

H.W70 lenses are suggested for 4 months replacement.

-If lenses are still used beyond the recommended time their performance will generally begin to decline. This may be manifested by decreased comfort, increased deposits, decreased vision, increased lens awareness and increased lens nicks.

-The replacement schedule should be reduced immediately if clinical detectable levels of deposits are ever observed

Directions to handle H.W contact lenses:

How to insert the lens:

- 1- Wash, rinse and dry your hands with a clean towel before touching the lenses.
- 2- Put the lens on your palm and check the lens has no deposits, scratches or cosmetic signs.
- 3- Rinse the lens with OPTI-FREE EXPRESS MPDS or ReNu Multiplus solution and put it on the top of your index finger, the index finger should be dry because the lens will stick to the finger instead of the eye if the finger is too wet.
- 4- Make sure the lens is in a correct position, in that case the lens appears perfectly concave otherwise the edge widens a little bit (see figs. 1 and 2).
- 5- Look in front of you and keep the eyelids opened, place the lens onto the centre of your eye paying attention that no air remains under the lens and release the lower lid margin (fig. 3).



Fig.1



Fig. 2

- 6- Slowly release the upper lid and close and reopen your eye.
- 7- If the lens is wrongly worn it will not be comfortable, take it out of the eye and try to wear it again later after having turned it over and rinsed with OPTI-FREE EXPRESS MPDS or ReNu Multiplus solution.
- 8- If your vision is still blurred, the lens could be probably worn in the wrong position, or may be dirty or, could be inverted (left instead of right).
- 9- If the problem still occurs, after checking, cleaning and/or inverting the lens, please see your eye doctor.
- 10- Repeat the instructions for the second lens.



Fig. 3

How to remove the lens:

- 1- Wash and dry your hands with a clean towel.
- 2- With your head straight, look up – keep the eyelid opened and hold the lens under the index finger, move your thumb so you can compress the lens slightly between the thumb and the index finger (fig. 4).
- 3- If you have difficulty in removing the lens, place a few comfort drops of Alcon Tears Naturale solution in the eye, wait a few minutes and try again.
- 4- Upon removal, place the lens on your palm and clean it with OPTI-FREE EXPRESS MPDS or ReNu Multiplus solution before storing it in the lens case.



Fig. 4

Directions for use

- 1- Clean and disinfect the lenses every time you remove them.
- 2- Wash, rinse and dry your hands carefully before managing the lenses.
- 3- Place the lens on your palm and rub, for 20 seconds and rinse the lens on both sides using OPTI-FREE EXPRESS MPDS or ReNu Multiplus solution.
- 4- Place the lens in the lens case and fill the latter with new OPTI-FREE EXPRESS MPDS or ReNu Multiplus solution.
- 5- Repeat the operation with the second lens.
- 6- It is suggested to fill the lens case with OPTI-FREE EXPRESS MPDS or ReNu Multiplus solution and keep it with you in case it may be necessary.

Warnings:

- 1- Avoid excessive handling of your lenses before inserting them or you could cause eye irritation and / or infection.
- 2- Apply eye cosmetics after you insert the lens.
- 3- Remove cosmetics after removing your lenses.
- 4- Water based cosmetics are less likely to damage lenses than oil-based products.
- 5- Do not allow tap water, spittle, home made solution or other none sterile solutions from what has been suggested for storing the lenses to come into contact with your lenses.
- 6- Replace the lens case regularly (every 3 months) and the lens case should be sterilized on a regular basis (weekly recommended), either via boiling the case in hot water and air dry or microwaving the case (in dry form) for 3 minutes.
- 7- Do not wear lenses while swimming, or showering, unless proper precautions are taken, it could cause an irritation to your eyes.
- 8- Do not get lotions, creams or sprays in your eyes.
- 9- Avoid wearing lenses in the presence of chemicals, unusual air pollution, intense heat (hair dryer).
- 10- After removing lenses make them soak in a fresh OPTI-FREE EXPRESS MPDS or ReNu Multiplus solution for at least 6 hours or all night long and always discard used solution and start with fresh solution (no topping off).
- 11- In case you do not use the lenses for long period, change OPTI-FREE EXPRESS MPDS or RENU MULTIPLUS solution once a week to maintain the lenses in sterile conditions.
- 12- Never wear lenses if your eye is red or irritated.

- 13- Do not keep your lenses for all night long just soaked in saline solution because it does not protect the lenses from micro organisms or infections.
- 14- If you feel the lens uncomfortable or dry, please, remove it, rinse it with OPTI-FREE EXPRESS MPDS or ReNu Multiplus solution, wait a few minutes and try again, if the problem still occurs remove the lenses and see your eye professional.
- 15- Do not wear the lenses for more than 10 hours a day.
- 16- Do not exchange lenses with other people, it could cause infections.
- 17- It is not recommended to sleep with contact lenses worn, it is permissible to take occasional short naps (1-2 hours) while wearing daily wear lenses.
- 18- If you have never worn contact lenses before, we recommend that you contact your eye care professional.
- 19- Do not use the lens in case the vial crimp is damaged.
- 20- Shall any of the following conditions arise, do not use contact lenses and see a specialist:
 - Any eye inflammation, pathology or infection.
 - Slight lachrymation and/or limited corneal sensitivity.
 - Consumption of medicines incompatible with the use of contact lenses.
 - Disease or allergies making the use of contact lenses, including the products used to clean them, not advisable.
 - Impossibility to follow cleaning standards associated with the use of contact lenses.

Precautions:

If you have never worn contact lenses, we suggest you to wear them for 2 hours first time, slowly increase the wearing time but not for more than 10 hours a day.

Contraindications:

Wearing the lenses can cause the following complication:

Lachrymation – External matter sensation – Reddening of the eye – Light sensitivity- Problems in looking up – Excessive blinking – Foggy vision – Excessive movement of the lens.

In case of continuous suffering of these symptoms we recommend you to see your eye professional.

It is rarely but possible to have corneal ulcer which can cause vision diminution. If you do not follow hygienic instructions or if you use the lenses for a longer period than what recommended, it is possible to have ulcerous keratitis. The risk of ulcerous keratitis increases for smokers.

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H.W contact Lens

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