

# **aveo**<sup>™</sup> BRAND CONTACT LENSES

**aveo**<sup>™</sup> 1-Month Aspheric Soft Contact Lens

**aveo**<sup>™</sup> 1-Month Toric Soft Contact Lens

## **PATIENT INSTRUCTION GUIDE**

Soft Hydrophilic Contact Lenses  
with UV Blocker for Daily Wear

# PATIENT INSTRUCTION GUIDE

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**This booklet contains important information on how to safely use contact lenses for the following brands:**

- **aveo™ (Filcon II 2) 1-Month Aspheric Soft Contact Lens**
  - **aveo™ (Omafilcon A) 1-Month Toric Soft Contact Lens**
- It is important that you wear your contact lenses only as prescribed by your Eye Care Professional.
  - Keep this booklet. You may need to read it again.
  - If you have any further questions, ask your Eye Care Professional.
  - Discuss with your Eye Care Professional on the frequency of your contact lens aftercare.

## INTRODUCTION

**aveo™ 1-Month Soft Contact Lenses** with UV Block are soft hydrophilic (“water loving”) contact lenses.

The lenses are to be worn during waking hours only and should be discarded at the interval recommended by your Eye Care Professional.

The lenses are tinted in light blue to assist handling. It also contains ultraviolet (UV) absorbing ingredient to block UV radiation from entering the eye.

Your Eye Care Professional will review with you the instructions for proper lens care and handling. To ensure successful lens wear and performance, you must carefully follow instructions, adhere to wearing schedule and attend regular aftercare appointment.

## SYMBOLS KEY

The following symbols may appear on the label or carton:

SYMBOL	DEFINITION	REFERENCES
	Caution	ISO 15223-1 Table 1 Symbol 5.4.4
	Consult instructions for use	ISO 15223-1 Table 1 Symbol 5.4.3
	Manufacturer	ISO 15223-1 Table 1 Symbol 5.1.1
	Date of manufacture	ISO 15223-1 Table 1 Symbol 5.1.3
	Do not use if package is damaged and consult instructions for use	ISO 15223-1 Table 1 Symbol 5.2.8
	Material is recyclable	-
	Single patient multiple use	ISO 15223-1 Table 1 Symbol 5.4.12
	Sterilized using steam	ISO 15223-1 Table 1 Symbol 5.2.5
	Single sterile barrier system	ISO 15223-1 Table 1 Symbol 5.2.11
	By prescription only	-
	Quality system certification symbol	-
BC	Base curve	-
DIA	Diameter	-
PWR	Power	-
CYL	Cylinder power	-
AXIS	Cylinder axis	-
	Batch code	ISO 15223-1 Table 1 Symbol 5.1.5
	Use by date	ISO 15223-1 Table 1 Symbol 5.1.1
	Authorised representative in the European Community/European Union	ISO 15223-1 Table 1 Symbol 5.1.2
	Medical Device	ISO 15223-1 Table 1 Symbol 5.7.7

## GLOSSARY

The following medical / technical terms may appear regularly in this booklet.

<b>Aftercare</b>	Follow-up appointments after your contact lenses have been fitted
<b>Ametropia</b>	Abnormal vision requiring correction for proper focus
<b>Aspheric contact lens</b>	A lens with a curve that is not round, but has different shapes across its surface
<b>Astigmatism</b>	A common vision condition in which the cornea is irregularly shaped, resulting in distorted or blurred vision
<b>Cornea</b>	Clear front part of the eye
<b>Inflammation</b>	Swelling, redness and pain
<b>Myopia</b>	Short sightedness
<b>Hypermetropia</b>	Long sightedness
<b>Phakic</b>	An eye with natural crystalline lens
<b>Presbyopia</b>	A condition in which the natural crystalline lens in the eye loses some of their elasticity. Its oval shape cause the visual image to be out of focus (blurred)
<b>Ulcerative keratitis</b>	Also known as corneal ulcer. It is an open sore on the cornea. This condition can cause permanent vision loss if left untreated.

## WEARING RESTRICTIONS & INDICATIONS

**aveo™ (Filcon II 2) 1-Month Aspheric Soft Contact Lens** is indicated for the optical correction of refractive ametropia in phakic persons with non-diseased eyes that are myopic or hypermetropic.

**aveo™ (Omafilcon A) 1-Month Toric Soft Contact Lens** is indicated for the optical correction of refractive ametropia in phakic persons with non-diseased eyes that are myopic and may have astigmatism between 0.50D to 2.50D.

The soft contact lenses provide protection against transmission of harmful UV radiation to the cornea and into the eye.

*WARNING: UV-absorbing contact lenses do not serve as substitutes for protective UV-absorbing eyewear as they do not entirely cover the eye and surrounding areas. The patient should continue to use their UV-absorbing eyewear as recommended.*

*NOTE: Exposure to UV radiation over a long period of time may result in cataracts. The exposure may be from personal factors such as the extent and nature of outdoor activities; and environmental conditions such as altitude, cloud cover and geography. UV-blocking contact lenses shield against harmful radiation. However, clinical studies have not been undertaken to demonstrate that contact lenses with UV-blocking properties reduces risk of cataract development or other ocular disorders. The patient should consult his/her Eye Care Professional for more information.*

The **aveo™ Soft Contact Lenses** described in this booklet should be removed from your eyes at the end of the day (i.e. lenses should be removed every night before sleeping) for routine cleaning and disinfecting as prescribed by your Eye Care Professional. DO NOT wear your contact lenses while sleeping.

## PRECAUTIONS

Always wash and rinse hands before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, or sprays in the eyes or on the lenses. It is best to put on lenses before putting on makeup. Water based cosmetics are less likely to damage lenses than oil-based products.

If aerosol products, such as hair spray, are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.

Avoid all harmful or irritating vapours and fumes while wearing lenses.

DO NOT SLEEP in your contact lenses. When daily wear users wear their lenses overnight (outside the approved indication) the risk of corneal ulcer is greater.

DO NOT WEAR your lenses longer than recommended by your Eye Care Professional. Failure to do so may put you at significant risks of developing serious eye conditions.

Always consult your Eye Care Professional before using any medicine in your eyes.

Always inform your employer about being a contact lens wearer. Some jobs may require that you use eye protection equipment or not wear contact lenses.

Not all solutions are suitable for use with all lenses. Always use only solutions recommended by your Eye Care Professional.

## CONTRAINDICATIONS (WHEN LENSES SHOULD NOT BE WORN)

Soft contact lenses should not be worn if any of the following conditions exist:

- Acute or subacute inflammation or infection of the anterior chamber of the eye
- The presence of any eye disease, injury, or abnormality that may have an effect on the cornea, conjunctiva, or eyelids
- Any active corneal infection
- Inadequate tear film (severe dry eye)

- Reduction in corneal sensation (corneal hypoesthesia)
- Contact lens wear that may exaggerate any eye condition secondary to a systemic disease
- The use of medications, including eye medications
- If eyes become red or irritated
- Periods of poor health, such as severe colds or influenza
- Allergic reactions on the ocular surface induced or exaggerated by lens wear or preservatives in certain contact lens solutions.
- Allergic response to ingredients such as Thimerosal or mercury in contact lens solution.

### WARNINGS

What you should know for successful contact lens wear:

Problems with contact lenses or lens care products could result in serious eye injury.

If you experience the following conditions:

- Eye discomfort / pain
- Excessive tearing
- Sensitivity to light
- Eye redness
- Reduced sharpness in vision / vision loss
- Severe or persistent dry eyes
- Uncomfortable lens
- Other eye problems.

**Remove the lens immediately.**

- **Promptly seek the assistance of an Eye Care Professional if the above symptoms continue after removal or upon reinsertion of the lens.**
- A serious condition such as corneal ulcer (ulcerative keratitis), infection, or iritis may be present. These conditions could progress rapidly and may lead to permanent vision loss.

You should remove your daily wear lenses while sleeping if not indicated for overnight wear. Clinical studies have found that the risk of serious adverse reactions is increased when lenses are worn overnight.

Smoking increases the risk of corneal ulcer for contact lens users, especially when worn overnight. The overall risk of corneal ulcer may be reduced by adhering to proper lens care procedure.

Specific Instructions for Use and Warnings:

- **Water Activity**

- Instruction for Use

- Contact lenses should not be exposed to water while being worn.

- WARNING:**

- Water can harbour microorganisms that may lead to severe infection, vision loss, or blindness. If your lenses have been in contact with water when taking part in water sports or swimming pools, lakes or oceans, it is recommended that you discard them and use a brand new fresh pair of lenses. Consult your Eye Care Professional for recommendations about wearing your lenses during water activities.

- **Lens Storage & Multipurpose Solution (MPS) Bottle Discard Date**

- Instruction for Use

- Always use FRESH unexpired soft lens multipurpose solution (MPS) and discard any remaining solution after the recommended time period indicated on the MPS bottle.

- Always cover your lenses completely with the recommended storage solution when the lenses are not being worn (stored). It will be harder for the lens to become wet again on extended periods of drying.

- WARNING:**

- Do not reuse or “top-off” old solution in your lens case. Solution re-use reduces effectiveness of lens disinfection and may lead to severe infection, vision loss or blindness.

Using MPS beyond the discard date may result in contamination in the solution and can lead to severe infection, vision loss or blindness.

To avoid contamination, ensure that the tip of the container is not in contact with any surface. Replace cap after using. Also, DO NOT transfer the MPS to other bottles.

## LENS HANDLING, INSERTION & REMOVAL

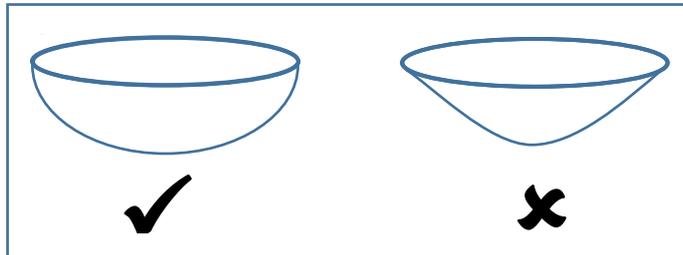
It is important that you follow the lens handling, insertion and removal instructions in this booklet and those prescribed by your Eye Care Professional.

### **Step 1: Preparing for Your Lens Wear**

1. Prior to handling your lenses, always wash your hands thoroughly with soap and dry them with a lint-free towel.
2. Avoid using oil-based soaps or lotion before handling your lenses as these may contaminate your lenses and disrupt lens comfort as well as clarity of vision.
3. Always put on your contact lenses first before applying any creams, makeups or hairspray.
4. Keep your fingernails clean and short to avoid tearing your contact lenses or scratching your eyes.
5. Your lens power (your contact lens prescription) may not be the same for each eye. Ensure that you wear the correct lens for each eye.
6. To open individual lens package, always check to ensure your sterile blister package is not damaged in any way. Do not use if blister package is opened or damaged. Gently shake the blister pack before opening.
7. Peel back the foil and carefully remove the lens from the blister pack by carefully pouring it into the palm of your clean hand.  
DO NOT use tweezers or other tools to remove your lenses from the blister pack as this could damage the lens.

## **Step 2: Spotting an Inside Out Lens**

Before placing the lens on your eye, always check to ensure that the lens is not inside out. Follow the steps below:-



1. Remove the lens from the blister package.
2. Inspect to ensure lens is clean and free from tears.
3. Place the lens on the tip of your dry finger.
4. Hold it in front of your eyes and look at the lens from the side.
5. If the lens is correctly positioned, it turns slightly in at the edges.
6. If the lens is inside out, its edge has a noticeable outward bend. Gently turn the lens the right way round before wearing it.
7. Wearing inside out lenses may cause discomfort and will move more on the eye.

## **Step 3: Putting On Your Contact Lenses**

1. Place the lens (facing up like a bowl) at the tip of your index finger.
2. Always wear the contact lenses for your RIGHT eye first.
3. Check to make sure that the lens is not inside-out.
4. Use the middle finger of your right hand to pull down the lower eyelid and the index finger of your other hand to pull up your upper eyelid simultaneously.
5. Look up at the ceiling and place the lens onto the lower white part of your eye.
6. Remove your finger and look down into the contact lens. Blink gently several times to centre the lens.
7. Repeat the steps above for your other eye.

## **Step 4: Checking Your Lenses**

1. Once the lenses are on your eyes, perform a self-assessment:
  - **Do the lenses feel good?**
  - **Do my eyes look good?**
  - **Is my vision good?**

2. If your vision is blurred, check if the lens is centred on the eye. See *Step 5: Lens Centration*.
3. If the lens is centred, remove the lens and check for the following possibilities:-
  - Traces of cosmetics or oil on the lens - Dispose the lens and insert a brand new fresh lens.
  - Inside out lens. See *Step 2: Spotting an Inside Out Lens*.
  - The lens is on the wrong eye.
4. If your vision remains blurred after checking the above possibilities, remove the lens and consult your Eye Care Professional.

### **Step 5: Lens Centration**

1. The lens that is on the cornea will very rarely move onto the white part of the eye during wear.
2. However, this can occur if incorrect techniques are performed during lens insertion or removal.
3. To centre a lens, hold the upper and lower eyelids open with your fingers. While looking in a mirror, place a finger on the contact lens gently and slide the lens towards the centre of the eye.

### **Step 6: Removing Your Contact Lenses**

**CAUTION:** Always check that the lens is centred on the cornea before attempting to remove the lens. Check your vision by covering the other eye. If vision is blurry, the lens may be off-centre or not in the eye at all.

1. Wash your hands with soap and dry them with a lint-free towel.
2. Always remove the contact lenses for your RIGHT eye first.
3. Look up at the ceiling and pull your lower eyelid down with the middle finger of your right hand.
4. Slide the lens down into the lower white part of your eye.
5. Squeeze the lens between your thumb and index finger and remove it carefully.
6. Follow the recommended lens care procedures as described in the next section, **“Caring for Your Lenses”**.
7. Repeat the steps above for your other eye.
8. Always remove your contacts lenses before you use your eye makeup remover.

There are other methods of lens insertion and removal. If you are experiencing difficulties with the above method, ask your Eye Care Professional to provide you with an alternative method.

## CARING FOR YOUR LENSES

### General Guidelines for Lens Care

- Lenses must be cleaned, rinsed, and disinfected after each wear before re-insertion.
- Prior to handling your lenses, always wash your hands thoroughly with soap and dry them with a lint-free towel.
- For continued safe and comfortable lens wear, use the lens care products and instructions as recommended by your Eye Care Professional. Failure to do so can result in eye problems.
- Consult your Eye Care Professional before changing your lens cleaning solution.
- When using hydrogen peroxide lens care systems, ONLY use the lens case that came with the hydrogen peroxide care system. This case has been specially designed to neutralize the solution.
- Heat disinfection has not been tested and is not recommended.
- Never use rigid lens permeable (RGP) solution as it could result in corneal injury.
- Never use re-wetting drops or saline solution to disinfect your lenses as they are not disinfectants.
- Never use non-sterile water, e.g. tap water, distilled water or homemade saline solution in the handling of your lenses and contact lens cases. Exposure to these solutions increases the risk of serious microbial infection or injury.
- Do not mix your lens care solution unless indicated on the labelling of the solution as different solutions cannot always be used together.
- Store lenses at room temperature.

### Lens Care Solution

The following lens care products, where available, are recommended for the care and maintenance of your aveo™ (Filcon II 2) Soft Contact Lens:

- AOSEpt® Plus Contact Lens Solution
- Opti-Free® Multi-Purpose Disinfecting Solution

*AOSept® and Opti-Free® are products from Alcon Laboratories.*

Your Eye Care Professional may recommend alternative lens care solution that is appropriate for your aveo™ Soft Contact Lens, which should be followed by the patient.

Always read and follow the instructions on the label provided by the lens care manufacturer of the product used.

### Basic Lens Care Steps

#### **Stage 1: Lens Cleaning and Disinfection**

1. Remove and clean ONE lens at a time.
2. Always remove the contact lenses for your RIGHT eye first.
3. Place lens in palm of one hand and add few drops of soft lens multipurpose solution (MPS) and clean thoroughly by rubbing each side of the lens gently.  
**DO NOT heat the MPS or your contact lenses.**
4. The rubbing action will remove debris, mucus and dirt from the lens surface.
5. Rinse with adequate amount of MPS.

#### **Stage 2: Storage**

1. Transfer the lens into the correct chamber of the lens storage case.
2. Completely cover the lenses in MPS and allow to soak overnight.  
**WARNING:** Do not store your lenses in sterile saline as they are not designed to disinfect lenses.
3. If you do not intend to wear your lenses immediately following disinfection, consult your Eye Care Professional for directions and information necessary for the safe storage of your lenses.
4. Always pour away old solution, rinse and use fresh solution. Do not top up or re-use old solution.
5. Avoid contact with the tip of the solution bottles.
6. Replace your contact lens case at least once every 3 months.

## **Lens Case Cleaning & Maintenance**

Bacteria may potentially grow in contact lens cases. Therefore it is important that lens cases are replaced at regular intervals as recommended by your Eye Care Professional.

When cleaning the lens cases, empty, clean and rinse the lens cases with MPS as per the instructions in the labelling of the MPS. Then allow to air dry.

## **OTHER IMPORTANT INFORMATION**

### **Rewetting Solutions**

Only use rewetting solutions recommended by your Eye Care Professional to wet (lubricate) your lenses.

Do not use saliva or anything other than the recommended solutions for rewetting your lenses.

### **Disposal of Contact Lenses**

Dispose used contact lenses and foil lids in solid waste bins.

Dispose packaging in household recycling bins.

### **Torn Lens**

In the event the lens tears in your eye, it will feel uncomfortable. Remove the pieces carefully by gently pinching them as you would do for a normal lens removal procedure. If the lens cannot be removed easily, rinse the eye thoroughly with sterile saline solution. Contact your Eye Care Professional for assistance if you still experience difficulty in removing parts of the lens. He / She can easily locate and remove the lens for you.

### **Sticking (Non-Moving Lens)**

If a lens sticks (stop moving), apply several drops of lubricating solution / rewetting drops to the eye and wait till the lens begins to move freely on the eye before attempting to remove it. If the lens continues to stick, consult your Eye Care Professional immediately.

### **Sharing Lenses**

Never allow anyone else to wear your lenses. The chance of eye infections increases when sharing lenses.

### **Wearing Schedule**

The wearing schedule and maximum wearing time of your contact lenses should be determined by your Eye Care Professional as response to contact lenses varies according to individuals.

The recommended wearing time is 8 - 12 hours per day, as suggested in the mode of wearing time in 'MyHealth Portal' by Malaysian Ministry of Health's website (<http://www.myhealth.gov.my/en/contact-lens-types-mode-of-wearing>). You must remove the lenses while sleeping.

## **REPLACEMENT SCHEDULE**

**aveo™ 1-Month Soft Contact Lenses** are prescribed for daily wear.

When lenses are removed between replacement periods, the lenses must be cleaned and disinfected before putting them back onto your eyes. It is recommended that lenses prescribed on a frequent replacement schedule be replaced with fresh new lenses every monthly or at intervals recommended by your Eye Care Professional.

Contact lenses when not worn immediately, need to be stored in a closed lens case filled with multi-purpose solution. Do NOT store your lenses in just saline solution as it does not have disinfecting properties.

Disinfect lenses before wear if stored for longer periods of time but is still within the 1 month interval. For lenses stored beyond this duration, it is safest to discard these lenses and start with a fresh pair. Storing your lenses in multi-purpose solution will not extend the wear cycle of the lenses.

## CONTACT LENS AFTERCARE

Regular aftercare with your Eye Care Professional is important to determine the health of your eyes and how your eyes are responding to contact lenses. It is recommended that you visit your Eye Care Professional at least once a year, or more often if directed.

### ADVERSE REACTIONS (POSSIBLE PROBLEMS WITH LENS WEAR)

The following problems may occur during contact lens wear:

- Foreign body sensation
- Burning, stinging, itching or watering eyes
- Eye redness
- Sensitivity to light
- Rainbows or halos around lights
- Discomfort / Pain
- Reduced sharpness in vision / vision loss

If any of the above signs or symptoms occurs, do not ignore it as it may lead to more serious complications. The Eye Care Professional should instruct the patient to do the following:

- Remove the lens IMMEDIATELY
- If the discomfort or problem stops, inspect the condition of the lens
- If the lens is damaged in any way, DO NOT reinsert the lens back on the eye. Dispose the affected lens and replace with a new lens.
- If the lens have dirt, an eyelash or a foreign body on it, clean, rinse and disinfect the lens before reinsertion.
- If the symptoms persists after lens removal, seek the assistance of the Eye Care Professional.

## EMERGENCY

When your eye comes into contact with noxious vapour, chemicals or hazardous substances of any kind, e.g. household products, gardening solutions, laboratory chemicals, etc., you should:

1. Flush the affected eye IMMEDIATELY with tap water or sterile saline.
2. Remove the lens and store in appropriate storage solution and casing.
3. Contact your Eye Care Professional or visit a hospital emergency room without delay.

## REPORTING OF ADVERSE REACTIONS

Consult your Eye Care Professional if you experienced any adverse reactions whilst wearing **aveo™ 1-Month Soft Contact Lens**.

## YOUR WEARING SCHEDULE RECORD

Record your prescribed wearing schedule in the space below. It is important that you follow your Eye Care Professional's instructions regarding your contact lens wearing time. Do not sleep in lenses.

Day	Date	Wearing Time (as recommended by your Eye Care Professional)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

### Replacement Schedule:

Replace lenses every \_\_\_\_\_ days or every \_\_\_\_\_ weeks.

**Your next aftercare date:** \_\_\_\_\_

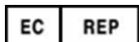
### Notes:

**IMPORTANT:** In the event that you experience any difficulty wearing your lenses or you do not understand the instructions given to you, CONTACT YOUR EYE CARE PROFESSIONAL IMMEDIATELY. DO NOT WAIT for your next appointment.



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