

PATIENT LENS CARE INSTRUCTIONS

CARDINAL APEX[®] CONTACT LENSES

Rigid Contact Lenses for Daily Wear

Nonsterile. Clean and condition lenses prior to use.

INTRODUCTION

Your eye care practitioner has fit you with contact lenses known as Cardinal Apex[®]. Cardinal Apex[®] spherical, toric and bifocal/multifocal lenses are manufactured from a rigid contact lens material. It is essential that you strictly follow the recommended handling, cleaning and storage procedures. Failure to do so may eventually impair the performance of your lenses.

WEARING RESTRICTIONS AND INDICATIONS

Cardinal Apex[®] Contact Lenses are indicated for daily wear for the correction of refractive ametropia (myopia, hyperopia, astigmatism, presbyopia and keratoconus) in aphakic and not aphakic persons with nondiseased eyes.

The lens may be disinfected using a chemical disinfection (not heat) system only.

The Contact Lenses described in this leaflet should be removed daily from your eyes for routine cleaning and disinfecting as prescribed by your eye care practitioner.

DO NOT WEAR YOUR CARDINAL APEX[®] CONTACT LENSES WHILE SLEEPING.

CONTRAINDICATIONS (REASONS NOT TO USE)

DO NOT USE Cardinal Apex[®] Contact Lenses when any of the following conditions exist:

- Acute and sub-acute inflammations or infection of the anterior chamber of the eye.
- Any eye disease, injury, or abnormality that affects the cornea, conjunctiva or eyelids.
- Severe insufficiency of tears (dry eyes)
- Corneal hypoesthesia (reduced corneal sensitivity), if not aphakic.
- Any systemic disease which may affect the eye or be exacerbated by wearing contact lenses.
- Allergic reactions of ocular surfaces or adnexa which may be induced or exaggerated by wearing contact lenses or use of contact lens solutions.
- Allergy to any ingredient in a solution which is to be used to care for your Cardinal Apex[®] Lenses.
- Any active corneal infection (bacterial, fungal or viral).
- Red or irritated eyes

WARNINGS

- Problems with contact lenses and lens care products could result in **serious injury** to the eye. It is essential to follow your eye care practitioner's directions and all labeling instructions for proper use of lenses and lens care products, including the lens case. Eye problems, including corneal ulcers, can develop rapidly and lead to **loss of vision**.
- Daily wear lenses are not indicated for overnight wear, and should not be worn while sleeping. Clinical studies have shown that the risk of serious adverse reactions is increased when these lenses are worn overnight.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than nonsmokers.
- If you experience eye discomfort, excessive tearing, vision changes, or redness of the eye, **immediately** remove lenses and promptly contact your eye care practitioner.

PRECAUTIONS

You should carefully adhere to the following care regimen and safety precautions:

- Before leaving the eye care practitioner's office, you should be able to properly remove lenses or should have someone else available who can remove the lenses for you.
- You should remove your lenses immediately if your eyes become red or irritated.

Solution Precautions

- Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. Use only recommended solutions with the lenses.
- Do not heat the wetting/soaking solution and lenses.
- Always use fresh unexpired lens care solutions.
- Always follow directions in the package inserts of the contact lens solutions used.
- Use only a chemical lens care system. Use of a heat (thermal) lens care system can cause damage by warping Cardinal Apex[®] contact lenses.
- Sterile unpreserved solutions, when used, should be discarded after the time specified in the labeling directions.

- Do not use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- Always keep the lenses completely immersed in the recommended storage solution when the lenses are not being worn (stored).

Handling 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-base cosmetics are less likely to damage lenses than oil-base products.
- Be certain that your fingers or hands are free of foreign material before touching your contact lenses. Microscopic scratches of the lenses may occur, causing distorted vision and/or injury to the eye.
- Carefully follow the handling, insertion, removal, cleaning, disinfecting, storing and wearing instructions in this leaflet and those prescribed by your eyecare practitioner.
- Always handle your lenses carefully and avoid dropping them.
- Never use tweezers or other tools to remove your lenses from the lens container unless specifically indicated for that use. Pour the lens from the case into your hand.
- Do not touch the lens with your fingernails.
- To minimize lens warpage during cleaning, the lenses should be cleaned in the palm of the hand rather than between the thumb and fingers.

Lens Wearing Precautions

- CAUTION: Nonsterile. Clean and condition lenses prior to use.
- If the lens sticks (stops moving) on the eye, follow the recommended directions on Care for a Sticking Lens in this leaflet. The lens should move freely on the eye for the continued health of the eye. If non-movement of the lens continues, you should immediately consult your eye care practitioner.
- Never wear your contact lenses beyond the period recommended by your eye care practitioner.
- Avoid, if possible, all harmful or irritating vapors and fumes when wearing lenses.
- If aerosol products such as sprays are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.
- Ask your eye care practitioner about wearing lenses during water activities and other sports.
- Inform your doctor (health care practitioner) about being a contact lens wearer.
- Always contact your eye care practitioner before using any medicine in the eyes.
- Always inform your employer that you wear contact lenses. Some jobs may require use of eye protection equipment or may require that you not wear contact lenses.
- As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes. Follow your eye care practitioner's instruction as to a recommended follow-up schedule.

ADVERSE EFFECTS

You should be informed that the following problems might occur:

- Eyes stinging, burning, itching (irritation), or other eye pains
- Comfort is less than when lens was first placed on eye
- Feeling of something in the eye, such as a foreign body or scratched area
- Excessive watering (tearing) of the eyes
- Unusual eye secretions
- Redness of the eyes
- Reduced sharpness of vision (poor visual acuity)
- Blurred vision, rainbows, or halos around objects
- Sensitivity to light (photophobia)
- Dry eyes

If you notice any of the above, **IMMEDIATELY REMOVE YOUR LENSES.**

- If the discomfort or problem stops, then look closely at the lens.
- If the lens is in any way damaged, **DO NOT** put the lens back on your eye. Place the lens in the storage case and contact your eyecare practitioner. If the lens has dirt, an eyelash, or other foreign objects on it, or the problem stops and the lens appears undamaged, you should thoroughly clean, rinse and disinfect the lens; then reinsert it.
- If the problem continues, you should **IMMEDIATELY** remove the contact lenses and consult your eyecare practitioner.

When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularization, iritis, persistent stromal edema or GPC (giant papillary conjunctivitis) may be present. You should be instructed to keep the lens off the eye and seek immediate professional identification of the problem and prompt treatment to avoid serious eye damage.

PERSONAL CLEANLINESS FOR LENS HANDLING

Preparing the Lens for Wearing:

It is essential that you learn and use good hygienic methods in the care and handling of your new lenses. Cleanliness is the first and most important aspect of proper contact lens care. In particular, your hands should be clean and free of any foreign substance when you handle your lenses. The procedures are:

- Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses.
- Avoid the use of soaps containing cold cream, lotion, or oily cosmetics before handling your lenses, since these substances may come into contact with the lenses and interfere with successful wearing.
- To avoid damaging your lenses, handle them with your fingertips, and be careful to avoid contact with your fingernails. It is helpful to keep your fingernails short and smooth.
- Start off correctly by getting into the habit of always using proper hygienic procedures so that they become automatic.

Handling the Lenses:

- Develop the habit of always working with the same lens first to avoid mix-ups.
- Remove the lens from its storage case and examine it to be sure that it is moist, clean, clear, and free of any nicks and tears.

Placing the Lens on the Eye:

- Work over a table, upon which is placed a clean towel.
- Do not place lenses on the eye while working over a sink.
- Rinse the lens with fresh conditioning solution, if desired.
- Inspect the lens to be sure that it is clean, uniformly wet and free of debris.
- Rub several drops of conditioning solution over the lens surfaces.

FOR THE RIGHT EYE:

- Wet the forefinger of the right hand and place the contact lens on the forefinger of the right hand.
- Place the second finger of the left hand on the middle of the upper lid and press upward firmly.
- Place the second finger of the right hand on the lower lid and press downward firmly.
- Stare into a mirror as though looking through the second finger holding the contact lens. You will later learn to do this without a mirror.
- Slowly move the hand to advance the forefinger with the contact lens towards the cornea until the lens touches the cornea and release the lids.
- Release the lid and close the eye for a few seconds.

REPEAT FOR THE LEFT EYE.

There are other methods of lens placement. If the above method is difficult for you, your eyecare practitioner will provide you with an alternate method.

Note: If after placement of the lens your vision is blurred, check for the following:

The lens is not centered on the eye (see "*Centering the Lens*", next section in this leaflet)

If the lens is centered, remove the lens (see "*Removing the Lens*" section) and check for the following:

- Cosmetics or oils on the lens. Clean, rinse, disinfect, and place on the eye again.
- The lens is on the wrong eye.

If you find that your vision is still blurred after checking the above possibilities remove both lenses and consult your eyecare practitioner.

Centering the Lens:

Very rarely, a lens that is on the cornea will be displaced onto the white part of the eye during lens wear. This can also occur during placement and removal of the lenses if the correct techniques are not performed properly. To center a lens follow the procedure below.

First locate the lens by pulling away the lids. After the lens is found, gently press on the lid over the lens while looking away from the direction of the lens. Next look back towards the lens. The lens should center on the cornea.

Removing the Lens:

- Always remove the same lens first. Wash, rinse, and dry your hands thoroughly. Work over a table with a clean towel. Do not remove lenses over a sink unless you have first placed a clean towel over the drain.
- Place the right index finger of the right hand at the outer corner of the eye. Place the left hand cupped below the eye. Open the eyes wide as if to stare. Continue to keep the eyes open and pull the lids sideways away from nose. Blink quickly and firmly.
- Remove the other lens by following the same procedure.
- Follow the required lens care procedures described under the heading "CARING FOR YOUR LENSES."

Note: If this method of removing your lens is difficult for you, your eye care practitioner will provide you with an alternate method.

CARING FOR YOUR LENSES:

Basic Instructions:

For continued safe and comfortable wearing of your lenses, it is important that you clean and rinse, then disinfect your lenses after each removal using the care regimen recommended by your eyecare practitioner. Cleaning and rinsing are necessary to remove mucus, secretions, films, or deposits that may have accumulated during wearing. The ideal time to clean, rinse, and disinfect your lenses is immediately after wearing them. Disinfecting is necessary to destroy harmful germs.

You should adhere to a recommended care regimen. Failure to follow the regimen may result in development of serious ocular complications as discussed in the WARNINGS section above.

When you first receive your lenses, practice how to put the lenses on and removing them while you are in your eyecare practitioner's office. At that time you will be provided with a recommended cleaning and disinfection regimen and instructions and warnings for lens care, handling, cleaning, and disinfection. Your eyecare practitioner should instruct you about appropriate and adequate procedures and products for your use.

For safe contact lens wear, you should know and always practice your lens care routine:

- Always wash, rinse, and dry hands before handling contact lenses.
- Always use fresh unexpired lens care solutions.

Use the recommended system of lens care, which is chemical (not heat) and carefully follow instructions on solution labeling. Different solutions cannot always be used together, and not all solutions are safe for use with all lenses.

Do not alternate or mix lens care systems unless indicated on solution labeling.

Always remove, clean, rinse, enzyme and disinfect your lenses according to the schedule prescribed by your eyecare practitioner. The use of an enzyme or any cleaning solution does not substitute for disinfection.

To avoid contamination, do not use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.

The lens care products listed below are recommended by Cardinal Contact Lens Inc. for use with your Apex® Lenses.

Chemical Lens Care System

Two Bottle System:

Boston ADVANCE® Cleaner or Boston® Cleaner

Boston ADVANCE® Comfort Formula Conditioning (soaking) Solution or Boston® Conditioning Solution

OR

One Bottle System:

Boston SIMPLUS™ Multi-Action Solution (Removes Protein, Cleans, Disinfects, Conditions, Cushions).

Note: Some solutions may have more than one function, which will be indicated, on the label.

Read the label on the solution bottle, and follow instructions.

Always wash and rinse your hands thoroughly before handling your Lenses

Clean

Clean one lens first (always start with the same lens first to avoid mix-ups). Place the lens, front side down, in the palm of the hand and apply several drops of cleaning solution. Using the index finger of the other hand, apply slight pressure in a swirling motion for about 5 seconds. Do not clean the lens by rubbing it between the thumb and index fingers, as this may cause lens warpage.

Rinse

Rinse the lens thoroughly with clean tap water or saline, as directed by your eyecare practitioner, to remove the cleaning solution, mucus, and film from the lens surface. Place that lens into the correct chamber of the lens storage case. Then repeat the procedure for the second lens.

Disinfect

After cleaning and rinsing the lens, disinfect them by using the system recommended by your eye care practitioner and/or the lens manufacturer. Follow the instructions provided in the disinfection solution labeling.

Note: Cardinal Apex® Lenses cannot be heat (thermally) disinfected.

Storage

To store lenses, disinfect and leave them in the closed case until ready to wear. If lenses are not to be used immediately following disinfection, you should consult the storage solution package insert or your eyecare practitioner for information on storage of your lenses.

Always keep your lenses completely immersed in a recommended disinfecting / conditioning solution when the

lenses are not being worn. If you discontinue wearing your lenses, but plan to begin wearing them again after a few weeks, ask your eyecare practitioner for a recommendation on how to store your lenses.

Care of Your Lens Case

Contact lens cases can be a source of bacteria growth. After removing your lenses from the lens case, empty and rinse the lens storage case with solution(s) recommended by the lens case manufacturer; then allow the lens case to air dry. When the case is used again, refill it with fresh disinfecting solution. Lens cases should be replaced at regular intervals as recommended by the lens case manufacturer or your eye care practitioner.

Lubricating / Re-wetting

Your eye care practitioner will recommend a lubricating / re-wetting solution for your use. Lubricating / Re-wetting solutions can be used to re-wet (lubricate) your lenses while you are wearing them to make them more comfortable.

LENS DEPOSITS AND USE OF ENZYMATIC CLEANING PROCEDURE:

Enzyme cleaning may be recommended by your eye care practitioner. Enzyme cleaning removes protein deposits on the lens. These deposits cannot be removed with regular cleaners. Removing protein deposits is important for the well being of your lenses and eyes. If these deposits are not removed, they can damage the lenses and cause irritation.

Enzyme cleaning does not replace routine cleaning and disinfecting. For enzyme cleaning, you should carefully follow the instructions in the enzymatic cleaning labeling.

CARE FOR A STICKING (NONMOVING) LENS:

If the lens sticks (stops moving) or cannot be removed, you should apply 5 drops of the recommended lubricating or rewetting solution directly to the eye and wait until the lens begins to move freely on the eye before removing it. If non-movement of the lens continues after 5 minutes, you should IMMEDIATELY consult your eyecare practitioner.

EMERGENCIES:

If chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes, you should: FLUSH EYES IMMEDIATELY WITH TAP WATER AND THEN REMOVE YOUR LENSES PROMPTLY. IMMEDIATELY CONTACT YOUR EYECARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.

INSTRUCTIONS FOR THE MONOVISION WEARER

- 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 all gazes that is available with monovision may be accompanied by a vision compromise that may reduce your visual acuity and depth perception for distance and near tasks. Some patients have experienced difficulty adapting to monovision. 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 is 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, be a passenger rather than a driver of an automobile during the first few days of lens wear. It is recommended that you only drive with monovision correction if you pass your provincial/state drivers' license requirements with monovision correction.
- Some monovision lens wearers will never be fully comfortable functioning under low levels of illumination, such as driving at night. If this happens, discuss with your eye care practitioner whether you should have additional contact lenses prescribed so that both eyes are corrected for distance when sharp distance vision is required.
- If you require very sharp near vision during prolonged close work, you may want to discuss with your eye care practitioner having additional contact lenses prescribed so that both eyes are corrected for near when sharp near vision is required.
- Some monovision lens wearers require supplemental spectacles to wear over the monovision correction to provide the clearest vision for critical tasks. You should discuss this with your eye care practitioner.
- It is important that you follow your eye care practitioner'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 practitioner in conjunction with the patient after carefully considering and discussing your needs.

CONSIDERATIONS FOR BIFOCAL/MULTIFOCAL LENSES

Patients who are considering bifocal/multifocal contact lenses should be highly motivated and must be informed of the benefits as well as the problems that may be encountered while adapting to bifocal/multifocal contact lens wear. Your eye care practitioner may discuss the following with you:

1. Adaptation

Both bifocal spectacle and bifocal/multifocal contact lens wearers need to learn to adapt to proper head positioning.

The bifocal patient must position the head upright while rotating the eyes downward to read. Once the bifocal patient has adapted, proper positioning becomes effortless.

2. Driving at Night

Bifocal/multifocal contact lens wearers should experience night vision before actually driving while wearing their lenses.

3. Flare at Night

Bifocal/multifocal contact lenses wearers may experience flare at night. This may occur with certain lens designs. With time, bifocal contact lens wearers adapt to this situation.

4. Visual Expectation

Bifocal/multifocal contact lens wearers may experience visual acuities less than could be achieved with bifocal spectacles.

SAMPLE OF WEARING AND APPOINTMENT SCHEDULES

Wearing Schedule

DAY	WEARING TIME (Hours)*
1	4 to 8 Hours
2	6 to 10 Hours
3	8 to 14 Hours
4	10 to 15 Hours
5	12 to All Waking Hours
6 & after	All Waking Hours

*if the lenses continue to be well-tolerated.

WARNING: Cardinal Apex® Contact Lenses are **NOT** intended for overnight (extended) wear.

Appointment Schedule

Minimum number of hours lenses to be worn at time of appointment: _____

Your appointments are on:

Date	Time

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

PATIENT/EYECARE PRACTITIONER INFORMATION:

MANUFACTURER

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