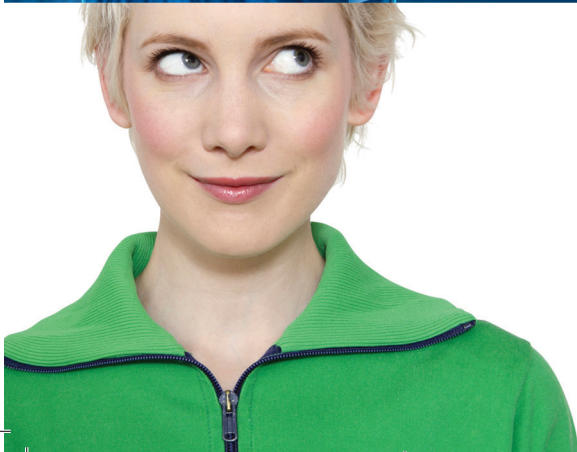




rethink
disinfection

A Guide
to Contact
Lens Care



 **Abbott**
A Promise for Life

rethink disinfection for better lens hygiene

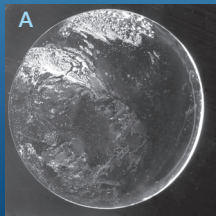
Experience the comfort and cleanliness you deserve

Your Eye Care Professional has recommended a highly effective contact lens solution that was chosen specifically for you - new **COMPLETE[®] RevitaLens** Multi-Purpose Disinfecting Solution (MPDS).

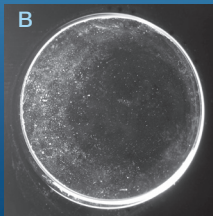
In addition to removing 99.99% of test microbes from your contact lenses¹ you'll appreciate the excellent cleaning and comfort that comes with using new **COMPLETE[®] RevitaLens** MPDS.^{2,3}

Remember, the 'rub and rinse' routine can help remove up to four times more unwanted deposits from your lenses, compared to rinsing alone.⁴ Always follow your Eye Care Professional's instructions for clean and hygienic contact lenses.

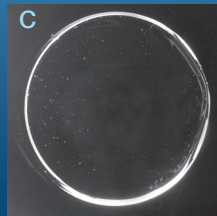
Photos showing deposits on contact lens
before and after rub and rinse routine*



Dirty lens after wear



Same lens after rinse



Same lens after
rub and rinse

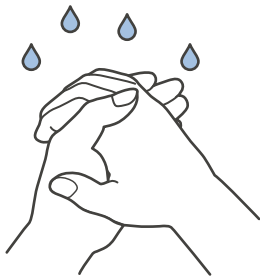
*Photos A,B & C -
Basement Photography,
commissioned by AMO.



How to look after your soft contact lenses and help keep your eyes healthy

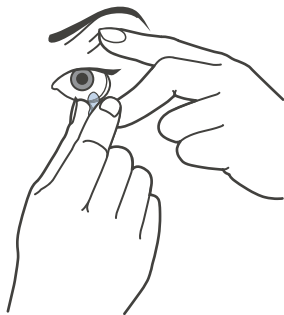
1. First things first

Always wash and dry your hands before handling your lenses.



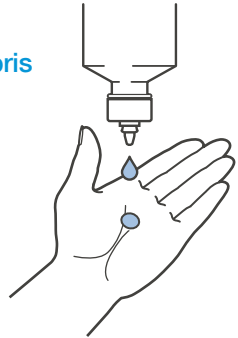
2. Taking your lenses out

Firmly hold lids open using your fingers and slide the lens onto the white of your eye. Gently pinch lens between your thumb and forefinger to remove.

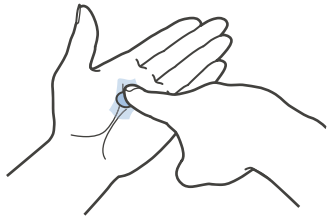


3. Removing dirt and debris from the lens

Place a few drops of solution on each side of your lens.



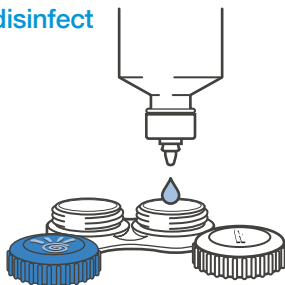
Rub each side gently from the center to the edge for 2-4 seconds, rinse each side of the lens for at least 5 seconds.



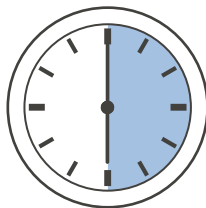
Never rub in a circular motion - it may tear the lens and not clean the outer edge.

4. Now you need to disinfect your lenses

Place your lenses in the case and fill with fresh solution.

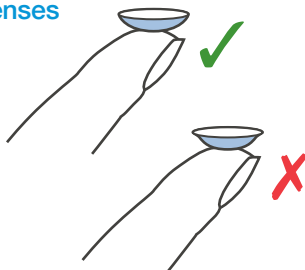


Leave lenses soaking in **COMPLETE[®] RevitaLens** MPDS for at least 6 hours – your lenses are then ready to wear.



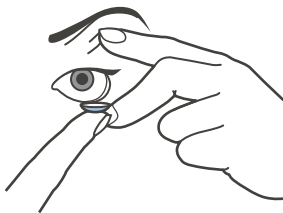
5. Inserting your lenses

Place the lens onto your finger, making sure the lens is not inside-out or damaged.



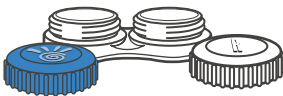
6. Putting your lenses in

Firmly hold both eye lids open using your fingers, gently place the lens onto your eye. Blink to help it settle. It's easy when you get the hang of it.

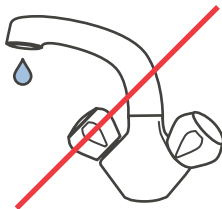


7. After putting your lenses in, give your case a good cleaning

Rinse your lens case with fresh solution and leave to air-dry.



Never wash your lenses or lens case with tap water.



Get the best from your contact lenses

Do...

- always follow your eye care professional's instructions
- have clean hands
- rub and rinse for greater hygiene
- disinfect your lenses upon removal
- have regular check-ups with your eye care professional
- rinse your lens case with solution after each use and leave to air-dry
- avoid aerosols while wearing contact lenses
- take your lenses out and visit your eye care professional if eye irritation occurs
- use the lens case provided with your solution
- always put the cap back on your bottle after use

Read and retain the manufacturers' instruction leaflet for a full list of precautions and instructions for use.



Don't...

- * rinse your lenses or lens case in tap water
- * swim, shower or bath while wearing your lenses
- * keep your lens case for more than 3 months
- * wear your lenses for longer than recommended
- * wear damaged contact lenses
- * reuse or 'top-off' solution
- * use saliva to clean or rewet your lenses
- * let the tip of your solution bottle touch any surface

Keeping your eyes fresh and comfortable

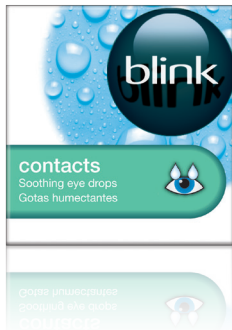
Modern lifestyles can leave your eyes feeling dry and tired due to a loss of your eyes' natural moisture.

Causes of dry, tired eyes:

- Air conditioning and central heating
- Certain cold or allergy medicines
- Exposure to bright sun
- Air pollution such as dust and pollen
- Long periods of concentration such as working at a computer screen or reading
- Contact lens wear

Things you can do to ease dry, tired eyes:

- Use a moisturising eye drop such as **blink contacts** soothing eye drops
- Avoid or turn down air conditioning
- Don't smoke and avoid second-hand smoke
- Use a humidifier, especially in winter
- Blink more often – this promotes natural tear production
- Rest your eyes when you can



Eye Prescription Details

To be completed by your eye care professional

Name: _____

Contact Lens Type: _____

	Base Curve	Diameter	Sphere	Cylinder	Axis
Right					
Left					

Replace Lenses Every: _____

Spectacle Lens Prescription: R _____ L _____

Your Next Appointment(s): _____

Your Eye Care Professional is: _____



This leaflet has been provided by Abbott Medical Optics Inc. as an educational support to Eye Care Professionals and their patients.

Enquiries & orderline

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References: 1.Data on file. 2010. Abbott Medical Optics Inc. Santa Ana, CA. Bicoidal efficacy of COMPLETE Revitalens MPDS against ISO 14729 test organisms. 2. Tarantino N, Kao EY, Huang LC, Ziegler DA. A clinical safety and acceptability evaluation of a novel multi-purpose disinfecting solution. Poster presented at: BCLA Clinical Conference and Exhibition 2010. 3. Tilia D, Lazon de la Jara P, Weng R, Naduvilath T, Wilcox M, Holden B. Clinical evaluation of a new contact lens solution when used in conjunction with two silicone hydrogel lenses during short term wear. Poster presented at: BCLA Clinical Conference and Exhibition 2010. 4. Cho P, Cheng SY, Chan WY, Yip WK. Is rubbing necessary for effective cleaning of soft contact lenses? The Conference Manual of the British Contact Lens Association's 32nd Clinical Conference and Exhibition; May 29-June 1, 2008; Birmingham, UK.

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Medical Optics