



# Instruction Manual

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## Distributor:

Sight Supply Inc.

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(855) 205-8070

Sightsupply.com

## Manufacturer:

Unicon Optical Co., LTD.

No 16, Gongye E. 9<sup>th</sup> Rd., Hsinchu Science Park, Baoshan Township, Hsinchu County  
30075, Taiwan

The following symbols may appear on the label or carton:

SYMBOL	DEFINITION
	Use By Date (expiration date)
	Do Not Reuse
	UV Blocking
	Batch Code
	See Instruction Leaflet
	Federal (USA) law restricts this device to sale by or on the order of a licensed professional
	Sterile Using Steam Heat
BC	Base Curve
DIA	Diameter
PWR	Lens Power

## IMPORTANT:

Your contact lenses are intended to be used for daily wear.

By replacing your contact lenses on a regular daily basis, lens deposits, which can affect vision and cause irritation and discomfort to the eye, have little chance to build up over time as with conventional lens wear. When you discard the lens, you dispose of potential deposit build-up problems.

Your contact lenses are visibility tinted with a UV Blocker. An ultraviolet (UV) radiation absorbing ingredient is used to block UV radiation.

Your contact lenses are soft aspherical lenses. They are made from a "water-loving" (hydrophilic) material that has the ability to absorb water, making the lens soft and flexible. They differ from other lenses available because of the way they are manufactured. Since the lenses are produced identically one after another, you will experience the same excellent comfort and vision, lens after lens after lens.

For your eye health, it is important that your contact lenses be worn only as prescribed by your eye care professional. He or she should be kept fully aware of your medical history and will give you a total program of care based on your specific needs. He or she will review with you all instructions for lens handling and care, including how to safely and easily open the packaging. You will also be taught how to properly insert and remove lenses. This booklet will reinforce those instructions.

If you have any questions, always ask your eye care professional.

## Indications:

The Sight Supply (Etafilcon A) Soft (Hydrophilic) Contact Lens with UV Blocker for Daily Wear is indicated for daily wear for the correction of ametropia (myopia and hyperopia) in aphakic or non-aphakic persons with non-diseased eyes who may have 1.00D or less astigmatism. The Sight Supply (Etafilcon A) Soft (Hydrophilic) Contact Lens with UV Blocker for Daily Wear are indicated for single-use disposable wear and are to be discarded after each removal. The Sight Supply (Etafilcon A) Soft (Hydrophilic) Contact Lens with UV Blocker for Daily Wear helps protect against transmission of harmful UV radiation to the cornea and into the eye.

## Instructions For Use:

### 1. Prepare 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 substances 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.
- Handle your lenses with your fingertips, and be careful to avoid contact with 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.

### 2. Opening the Multipack and Lens Package Multipack

#### Multipack

Each multipack contains individually packaged lenses. Each lens comes in its own lens package

designed specifically to keep it sterile. You may choose to keep your lenses inside the multipack for storage until you are ready to use them.

#### Lens Package

To open an individual lens package, follow these simple steps:

- a. Shake the lens package and check to see that the lens is floating in the solution.
- b. Peel back the foil closure to reveal the lens. By stabilizing the lens package on the table-top, you will minimize the possibility of a sudden splash.
- c. Place a finger on the lens and slide the lens up the side of the bowl of the lens package until it is free of the container.

Occasionally, a lens may stick to the inside surface of the foil when opened, or to the plastic package itself. This will not affect the sterility of the lens. It is still perfectly safe to use. Carefully remove and inspect the lens following the handling instructions.

### 3. Handling the Lenses

- When you first get your lenses, be sure that you are able to put the lenses on and remove them before leaving your eye care professional's office.
- Develop the habit of always working with the same lens first to avoid mix-ups.
- Remove the lens from its package and examine it to be sure that it is moist, clean, clear, and free of any nicks or tears. If the lens appears damaged, DO NOT use it. Use the next lens in the multipack.

### 4. Placing the Lens on the Eye

**Remember, always start with the same eye.**

Once you have opened the lens package, removed and examined the lens, follow these steps to apply the lens to your eye:

1. BE SURE THE LENS IS NOT INSIDE-OUT by following either of the following procedures:
  - Place the lens on the tip of your index finger and check its profile. The lens should assume a natural, curved, bowl-like shape. If the lens edges tend to point outward, the lens is inside out. Another method is to gently squeeze the lens between the thumb and forefinger. The edges should turn inward. If the lens is inside out, the edges will turn slightly outward.
2. Place the middle finger of the same hand close to your lower eyelashes and pull down the lower lid.
3. Use the index finger or middle finger of the other hand to lift the upper lid.
4. Place the lens on the eye.
5. Gently release the lids and blink. The lens will center automatically.
6. Use the same technique when inserting the lens for your other eye.

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

After you have successfully inserted your lenses, you should ask yourself:

- Do I see well?
- How do the lenses feel on my eyes?
- How do my eyes look?

**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 in this booklet).
- If the lens is centered, remove the lens (see “Removing the Lens” section) and check for the following:
  - a. Cosmetics or oils on the lens. Dispose of the lens and insert a new fresh lens.
  - b. The lens is on the wrong eye.
  - c. The lens is inside out (it would also not be as comfortable as normal).
- If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult your eye care professional.

**Note:** If a lens becomes less comfortable when it was first inserted or if it is markedly uncomfortable upon insertion, remove the lens immediately and contact your eye care professional.

If your examination of your eyes and the lenses shows any other problems, **IMMEDIATELY REMOVE YOUR LENSES AND CONTACT YOUR EYE CARE PROFESSIONAL.**

## 5. Centering the Lens

A lens, which is on the cornea (center of your eye), will very rarely move onto the white part of the eye during wear. This, however, can occur if insertion and removal procedures are not performed properly. To center a lens, follow either of these procedures:

- a. Close your eyelids and gently massage the lens into place through the closed lids.

**OR**

- b. Gently move the off-centered lens onto the cornea (center of your eye) while the eye is opened using finger pressure on the edge of the upper lid or lower lid.

## 6. Removing the Lens

**CAUTION:** Always be sure the lens is on the cornea (in the center of your eye) before attempting to remove it. Determine this by covering the other eye. If vision is blurred, the lens is either on the white part of the eye or it is not on the eye at all. To locate the lens, inspect the upper area of the eye by looking down into a mirror while pulling the upper lid up. Then inspect the lower area by pulling the lower lid down.

Always remove the same lens first.

- a. Wash, rinse and dry your hands thoroughly.
- b. There are two recommended methods of lens removal: the Pinch Method and the Forefinger and Thumb Method. You should follow the method that is recommended by your eye care professional.

Pinch Method:

- Step 1.** Look up, slide the lens to the lower part of the eye using the forefinger.
- Step 2.** Gently pinch the lens between the thumb and forefinger.
- Step 3.** Remove the lens.

Forefinger and Thumb Method:

- Step 1.** Place your hand or a towel under your eye to catch the lens.
  - Step 2.** Place your index finger on the center of the upper lid and your thumb on the center of the lower lid.
  - Step 3.** Press in and force a blink. The lens should fall onto your hand or the towel.
- Note:** The lens may come out, but remain on the eyelid, finger or thumb.

c. Remove the other lens by following the same procedure.

**Note:** If these methods of removing your lens are difficult for you, your eye care professional will provide you with an alternate method.

## Precautions:

### Handling Precautions:

- **DO NOT** use if the sterile blister package is opened or damaged.
- Before leaving the eye care professional's office, you should be able to quickly remove your lenses or you should have someone else available who can remove the lenses for you.
- If the lens becomes dry and brittle on your eye, follow the recommended directions in "Care for a Dried Out Lens". Simply dispose of the lens and replace with a fresh one.
- **Always wash and rinse your hands before handling your lenses.** Do not get cosmetics, lotions, soaps, creams, deodorants or sprays in your eyes or on your lenses. It is best to put on your lenses before putting on makeup. Water-based cosmetics are less likely to damage lenses than oil-based products.
- **DO NOT** touch your contact lenses with your fingers or hands if they are not completely clean, because tiny lens scratches may occur, causing unclear vision and/or injury to your eye.
- **Carefully** follow the handling, insertion, removal and wearing instructions prescribed by the eye care professional.
- **Always** handle 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 into your hand.
- **Do not** touch the lens with your fingernails.

### Lens Wearing Precautions:

- **Never** wear your lenses beyond the amount of time recommended by the daily wear or by your eye care professional.

- If aerosol (spray) products, such as hair spray, are used while wearing lenses, exercise caution and **keep your eyes closed** until the spray has settled.
- **Avoid** all harmful or irritating vapors and fumes while wearing lenses.
- **Ask** your eye care professional about wearing contact lenses during sporting activities, especially swimming and other water sports. Exposing contact lenses to water during swimming or while in a hot tub may increase the risk of eye infection from germs.

### **Other Topics to discuss with Your Eye Care Professional:**

- Due to the small numbers of patients enrolled in clinical investigation of lenses, all refractive powers, design configurations, or lens parameters available in the lens material are not evaluated in significant numbers. Consequently, when selecting an appropriate lens design and parameters, the eye care professional should consider all characteristics of the lens that can affect lens performance and ocular health, including oxygen permeability, wettability, central and peripheral thickness, and optic zone diameter.
- The potential impact of these factors on the patient's ocular health should be carefully weighed against the patient's need for refractive correction, therefore, the continuing ocular health of the patient and lens performance on the eye should be carefully monitored by the prescribing eye care professional.
- Aphakic patients should not be fitted with any Sight Supply contact lenses until the determination is made that the eye has healed completely.
- Fluorescein, a yellow dye, should not be used while the lenses are on the eyes. The lenses absorb the dye and become discolored. Whenever fluorescein is used in the eyes, the eyes should be flushed with a sterile saline solution that is recommended for in-eye use.
- **Always** contact your eye care professional before using any medicine in your eyes.
- **Be aware** that certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquilizers and those for motion sickness may cause dryness of the eye, increased lens awareness (feeling of the lens in the eye) or blurred vision. Always inform your eye care professional if you experience any problems with your lenses while taking such medications. Depending on the severity, your eye care professional may prescribe the use of lubricating (wetting) drops that are indicated for use with soft contact lenses or may recommend that you stop wearing contact lenses while you are using these medications.
- **Be aware** that if you use oral contraceptives (birth control pills), you could develop changes in vision or comfort when wearing contact lenses.
- As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes. The patient should be instructed as to a recommended follow-up schedule.

### **Who Should Know That You are Wearing Contact Lenses:**

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

## Hazards:

### What You Should Know About Contact Lens Wear:

- It is essential that the patient follows the directions of the eye care practitioner and all labeling instructions for proper use of contact lenses.
- Patients should be advised of the following instruction for use and warning pertaining to contact lens wear.
- Problems with contact lenses and lens care products could result in serious injury to the eye. Proper use and care of your contact lenses are essential for the safe use of these products.
- **EYE PROBLEMS, INCLUDING CORNEAL ULCERS, CAN DEVELOP RAPIDLY AND LEAD TO LOSS OF VISION.** If the patient experiences eye discomforts, excessive tearing, vision changes, loss of vision, redness of the eye or other eye problems the patient should be instructed to immediately remove the lenses and promptly contact his or her eye care professional.
- When daily wear users wear their lenses overnight (outside the approved use), the risk of an infected sore or lesion on the cornea (ulcerative keratitis) is greater than among those who do not wear them while sleeping.
- The overall risk of ulcerative keratitis may be reduced by carefully following directions for lens care.
- Daily wear lenses are not indicated for overnight wear, and patients should be instructed not to wear lenses 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, loss of vision, redness of the eye or other eye problems, you should immediately remove your lenses and promptly contact your eye care professional.
- It is recommended that you see your eye care professional routinely as directed.

**WARNING :** Water Activity-Do not expose your contact lenses to water while you are wearing them.

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 practitioner (professional) for recommendations about wearing your lenses during any activity involving water.

**UV ABSORBING CONTACT LENSES** are not substitutes for protective UV absorbing eyewear such as UV absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV absorbing eyewear as directed.

**Note :** Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV blocking contact lenses help provide protection against harmful UV radiation. However,

clinical studies have not been done to demonstrate that wearing UV blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eyecare professional for more information.

### Wearing Schedule:

<b>Day</b>	1	2	3	4	5	6	7	8	9	10 and after
<b>Wearing Time (Hours)</b>	4	5	6	7	8	9	10	11	12	All waking hours

### Contradictions:

When wearing contact lenses for vision correction, DO NOT USE Sight Supply (Etafilcon A) Soft (Hydrophilic) Contact Lens with UV Blocker for Daily Wear when you have any of the following conditions:

- Acute and subacute inflammation 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 lacrimal secretion(dry eye)
- Corneal hypoesthesia (reduced corneal sensitivity), if not aphakic.
- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses
- Allergic reactions of ocular surfaces or surrounding tissues (adnexa) that may be induced or exaggerated by wearing contact lenses
- Any active corneal infection (bacterial, fungal, protozoal or viral)
- If eyes become red or irritated
- The patient is unable to follow lens care regimen or unable to obtain assistance to do so.

### Side Effects:

Be aware that the following problems may occur when wearing contact lenses:

- Your eyes may burn, sting and/or itch, or other eye pain.
- There may be less comfort when the lens was first placed on your eye.
- There may be a feeling of something in your eye (foreign body, scratched area).
- There may be the potential for some temporary harm due to peripheral infiltrates, peripheral corneal ulcers and corneal erosion. There may be the potential for other physiological observations, such as local or generalized edema, corneal neovascularization, corneal staining, injection, tarsal abnormalities, iritis and conjunctivitis, some of which are clinically acceptable in low amounts.

- There may be excessive watering, unusual eye secretions or redness of your eye.
- Poor vision, blurred vision, rainbows or halos around objects, sensitivity to light (photophobia) or dry eyes may also occur if your lenses are worn continuously or for too long a time.

You should conduct a simple 3-part self-examination at least once a day.

Ask yourself:

- How do the lenses feel on my eyes?
- How do my eyes look?
- Have I noticed a change in my vision?

If you report any problems, you should **IMMEDIATELY REMOVE YOUR LENS**.

If the discomfort or problem stops, you should look closely at the lens.

If the lens is in any way damaged, you **SHOULD NOT** put the lens back on your eye. You should discard the lens and insert a new fresh lens on your eye.

If your lens has dirt, an eyelash, or foreign body on it, or the problem stops and the lens appears undamaged, you should dispose of the lens and insert a new fresh lens.

If the problem continues, you **SHOULD NOT** put the lens back on your eye but **IMMEDIATELY CONSULT YOUR EYE CARE PROFESSIONAL**.

When any of the above symptoms occur, a serious condition such as infection, corneal ulcer, neovascularization or iritis may be present. You should **immediately be seen by an eye care professional** to identify the problem and get quick treatment to avoid serious eye damage.

**WARNING: IF YOU ARE HAVING ANY OF THE FOLLOWING SYMPTOMS, REMOVE YOUR LENSES IMMEDIATELY AND CONSULT YOUR EYE CARE PRACTITIONER BEFORE WEARING YOUR LENSES AGAIN: UNEXPLAINED EYE DISCOMFORT, WATERING, VISION CHANGE OR REDNESS.**

Refer to additional instructions and fitting techniques for Sight Supply (Etafilcon A) Soft (Hydrophilic) Contact Lens with UV Blocker for Daily Wear at [sightsupply.com](http://sightsupply.com)

### Adverse Reaction Reporting:

If you experience any serious adverse effects associated with the use of Sight Supply (Etafilcon A) Soft (Hydrophilic) Contact Lens with UV Blocker for Daily Wear, contact a licensed eye care professional, and please notify: Sight Supply Inc. in the USA at (855) 205-8070 or [hello@sightsupply.com](mailto:hello@sightsupply.com)

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