

## Instructions on the use of rigid contact lenses

Made of BOSTON materials and materials of other material manufacturers



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CE 0483

Englisch

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## Verwendete Symbole

CE 0483

Quality System Certification Symbol with identification number of notified body



Use by date / expiration date



See Instruction leaflet



Safety advice



Batch Code



Do not use if packaging is damaged



Medical device



non steril

## Good vision with contact lenses increases your quality of life

Enjoy wearing your rigid contact lenses right from the start. Your contact lenses have been manufactured with highest precision and fitted individually to you with the greatest care so that you will benefit from all advantages of rigid contact lenses. You are surely convinced of the benefits of rigid contact lenses already. This modern way of compensating your ametropia enables you to see equally as well as people with normal vision.

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## Packaging

Storing in storage solution for rigid contact lenses (composition: hydroxypropyl methylcellulose, poloxamer, disodium edetate 0.1%, polyhexamethylene 0.0004% in isotonic and buffered saline or sodium edetate, Poyhexanid and water-soluble polymers in a buffered, isotonic solution.) This is noted on the label of the original package.

If you got the HECHT contact lenses in the original container, listen for a clicking sound when opening. This click guarantees the sterile condition of the contact lenses. You can insert the contact lens directly.



### Caution

If the original package has already been opened (clicking is not heard any more when opening) or the printed expiry date has been exceeded (e.g. 2024-06-12), do not place the contact lenses in your eyes under any circumstances!

Otherwise it could result in **serious injury** of the eye.

It is imperative that you get in touch with your eye care professional and only use them once released by him or her.

The expiration-date refers to the disinfectant effect of the storage-liquid up to this stated date.



### General instructions

This brochure contains important information on the use of the product and its safety: Please read it carefully and keep it. If you have any doubts or questions, please ask your eye care professional.

Follow the recommendations of your eye care professional, the instructions on the tags of contact lens care products and **all** the instructions contained in this brochure. In doing so, you will maintain the comfort of wearing contact lenses and preserve their replacement schedule.

If the contact lens can be applied to a person who is unable, due to the severity of their disability to use the product smoothly with these instructions, proper use is ensured by a parent or guardian.

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## Warnings

If you use solutions **not** intended for the care of rigid contact lenses, you put your contact lenses and the **health of your eyes at risk**.

- Observe the handling instructions of the contact lens care products. Observe temperature specifications!
- Do not use the conditioning solution in your contact lens container twice
- Do not use any solutions whose expiry date has been exceeded.
- Do not wear contact lenses without proper use of protective goggles during playing water sports or when in contact with harmful vapors, irritants or in particular working conditions.
- If your contact lenses are exposed to toxic or irritating vapors, chemical or dangerous substances or by staying in their immediate vicinity, the contact lenses should be removed immediately in order to clean them subsequently.
- Never use tap water.
- The contact of contact lenses and contact lens containers with non-sterile water (tap water, whirlpool, swimming, other water sports) increases the risk of a serious microbial infection.
- Do not keep your contact lenses in places in which they are exposed to sun radiation e.g. the car. The temperatures developing here (above 50 °C) can cause irreversible deformation.
- Contact lens does not cool down for example car.
- Long or sharp-edged finger nails can damage the contact lens or eye.
- If the contact lens has a damaged edge or surface irregularities, it must not be worn any longer.
- Never change the parameters of contact lenses or type of contact lenses without consulting your specialist.

If you do not wear your contact lenses for a longer period of time, please also **follow** the respective care instructions of your contact lens care products.

Clean the contact lenses the day before you intend to wear them again, and then store them over night in conditioning solution for complete **disinfection** (according to the instructions of the contact lens care products).

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## Wearing schedule and check-up visits

During the familiarisation period, do not wear the contact lenses the whole day - your eye care professional will tell you how to increase the wearing time.

Use the contact lens care product recommended by the manufacturer or your fitter on a daily basis.

See your eye care professional for a check at least once a year.

Should wearing comfort decrease, **do not** continue wearing your contact lenses and contact your eye care professional.

## Handling

- Wash and dry hands thoroughly before touching the contact lenses.
- Check whether the contact lenses are intact before placing them on your eyes.
- If dropped, pick up contact lenses with your moistened finger tip or a suction cup.
- Never draw the contact lens across the table top or mirror.
- If you drop the contact lens, it is imperative to rinse them with a rinsing solution before continuing the actual cleaning process.
- When closing the contact lens container, make sure it is centred in order to avoid damaging the contact lens edge.

## The right care

For optimum wearing comfort, it is necessary to use special contact lens care products geared to your contact lenses on a **daily basis**. **Regularity** and **diligence** are of decisive importance.

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## Inadequate care may cause serious injury of the eye.

Your eye care professional will select the care system most suited to you.

- **Clean** your contact lenses immediately after removing them from your eyes. Apply several drops of cleaning solution to the inner and outer surface of the contact lens and rub them gently between thumb and index finger for approx. 20 seconds.
- **Rinse them thoroughly** with rinsing solution and place them into the contact lens storage container filled with **new** conditioning liquid.
- **Disinfection:** The conditioning liquid contains disinfectant substances which take effect on the contact lenses over night (typically at least 6 hours). It is important to follow the care instructions provided in the disinfection solution labelling so that this process can be entirely completed.
- **Additional particular cleaners or protein-removers:** In some cases, an additional surface-cleaner is necessary which can be applied in daily alternation with the regular cleaner or only once per week. Your eye care professional will coordinate this interval with you to achieve an optimised cleaning result for your contact lenses.

Also remember to **clean** the contact lens cases just as regularly (at least once a week) and to **renew** them at regular intervals (approximately every 3-6 months). Despite all diligence it cannot be excluded that germs grow in the contact lens container, which are then introduced to the eye with the contact lens. Adhering to these care procedures contributes to the safe wearing of your contact lenses. Therefore, you should keep this contact lens care routines in permanently same form despite all habit.

This care process guarantees that deposits are **removed effectively** from the contact lens surface and your contact lenses are **disinfected correctly**.

**Handle your contact lenses always thoughtfully and calmly, especially during the familiarisation period.**

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## To be completed by Eye Care Professional

Product name	R	L
LOT:	R	L
Fitter:		

## Wearing and appointment schedule

1st Day	Recommended wearing time:
2nd Day	Recommended wearing time:
2nd Day	Recommended wearing time:
4th Day	Recommended wearing time:
5th Day	Recommended wearing time:

Check-up visit:	Recommended wearing time:

Your personal maximum wearing time according to the fitter is:

Hrs/day: ..... Date: ..... Fitter: .....

Hrs/day: ..... Date: ..... Fitter: .....

Hrs/day: ..... Date: ..... Fitter: .....

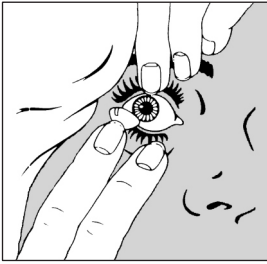
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Dok.-Stand: 03/2022

 **HECHT**  
Sichtbar besser

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## Insertion



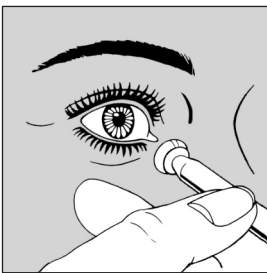
Place the contact lens on the tip of your index finger. Look into a mirror with both eyes. Pull the lower lid down with the middle finger of the same hand and pull the upper lid up with the middle or ring finger of the other hand. Now place the contact lens on the cornea without applying any pressure (see Figure). If the contact lens is not centred in your eye, remove it from the eye gently using a suction device, then start the insertion process again.

Alternatively you may opt for insertion using a special suction device.

Your fitter will show you the method most suitable for you.

## Removal

Prior to removal, make sure the contact lens is centred on the cornea.

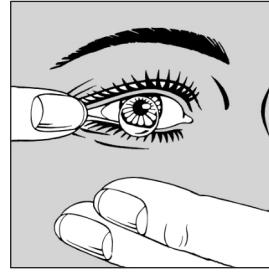


### Method A

Hold the suction cup between thumb and index finger, and pull down the lower lid with the middle finger of the same hand. With your other hand, pull the upper lid upward. Carefully place the sucker onto the center of the contact lens and remove it by a pulling motion.

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## Method B



Open your eye wide and pull the corner of the eye outward with your finger, then blink. Hold the other hand under your eye to catch the contact lens in your palm. Should your physiological condition oppose this practice, method A is recommended.

## Make-up

Contact lens wearers do not need to resign from using make-up. On the contrary: Your contact lens specialist or cosmetician can provide you with eye cosmetics particularly suitable for contact lens wearers. As an example creamy eyeshadow, eye liner and mascara that are clinically tested and composed in a way to not cause eye irritation.

Please keep in mind a few tips anyway:

- Insert your contact lenses before applying eye make-up.
- Take your lenses out before removing the make-up.
- Hairspray should be applied before inserting the contact lenses
- When changing to a new face cream or eye serum, please pay attention to possible changes in contact lens wetting.

What you should avoid as a contact lens wearer:

Powdery eyeshadow, eyelash-lengthening mascara (containing little hairs and particles), applying eye liner to the inner lid margins. These substances **and habits** can result in a soiling of the contact lens surface thus reducing wearing comfort.

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## Wearing time

Rigid contact lenses from HECHT Contactlinsen GmbH are intended for daytime wear, i.e. the usual awake condition (besides ortho-k lenses). During familiarisation phase wearing time should be gradually build up until you have reached the maximum wearing time as recommended by your eye care professional.

Take out your contact lenses before sleeping except they are specially made for overnight use.

If you should fall asleep unintentionally while wearing contact lenses, no negative effects are to be expected. A feeling of dryness will disappear after a few blinks. Lubricating solutions can be used to support mobility of the contact lens and moisten the surface of the eye.

## Replacement schedule

Usefull life depends on:

- Contact lens material
- Parameter
- Handling
- Lens care
- Mechanical strain
- Daily or sporadiclens wear

Please have the function and safe use of your contact lenses checked by your eye care professional during **regular follow-up appointments** (at least once a year). For safe daily use of rigid contact lenses we recommend **exchanging them on a regular basis**. This exchange interval can be 12-24 months.

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## Information sheet (according to legal requirements)

### Rigid contact lenses to be placed onto the eye

#### General instructions

Please read this information sheet attently. It contains important information on product use and safety. Should you have any questions about wearing contact lenses, contact your eye care professional.

#### Fields of application

For the correction of ametropia, optimisation of the vision and for cosmetic reasons. Note! If you have acquired the contact lens solely for cosmetic purposes, it will have no optical effect.



#### Contraindications

**Do not** wear your contact lenses in case of

- Inflammation, infection and injury of the eye; changed cornea sensitivity; allergies, diseases, injury or changes of the cornea and/or eyelids.
- In case of medication liable to affect wearing of contact lenses.
- Lacking tear fluid.

Consult your eye care professional for further procedure.

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## Interaction with other substances

To avoid undesired interaction of contact lenses with the care products, your eye care professional will select the care system most suitable for you.

If you are aware of any allergic reactions you might have, inform your eye care professional and observe the ingredients of the respective care systems. This particularly applies if you are wearing contact lenses for the first time.

Pharmaceutical products can cause a change of the tear film and thus affect the tolerability of your contact lenses. Inform your eye care professional about any pharmaceuticals you take. In case of eye drops, observe the respective instructions on the package insert of these preparations.

On principle, eye drops should not be applied over the contact lenses. There are a few exceptions. Ask your ophthalmologist for advice.



## Side effects

Although rigid contact lenses are usually exceptionally well tolerated, reactions and their following accompaniments are not to be ruled out altogether:

**Do not** continue wearing your contacts if one of the stated below or similar symptoms occurs

- Increased foreign body awareness
- Reddening of eyes
- Unusual light sensitivity
- Stinging, pain
- Sudden deterioration of vision
- Secretion formation at the eye
- Excessive tearing
- Cloudy vision
- Dry eyes

Otherwise it could result in serious injury of the eye.

Immediately Contact your eye care professional. Inform your eye care professional of any change in wearing comfort, deterioration of vision or any unusual reaction.



## Special instructions

Visit your contact lens specialist regularly for follow-up inspection and contact lens check.

Clean and disinfect your contact lenses carefully according to the given instructions.

**Do not** exceed the recommended daily wearing times for your contact lenses.

If exchange intervals are prescribed by the manufacturer, they must not be exceeded, as this may result in an impairment of vision. Never change your contact lens care products without consulting your contact lens fitter.

Remove contact lenses if eye irritation occurs and visit your contact lens specialist.

Do not use any contact lenses or contact lens care products whose expiry date has been exceeded when first opened (first). Even though if your contact lenses contain a UV filter, this does not replace the sunglasses.

If a serious incident has occurred in connection with your contact lenses, contact your contact lens specialist. Inform HECHT Contactlinsen GmbH and, if necessary, a competent authority.