



Bausch + Lomb Vision Shaping Treatment VST®

After Your Boston® Orthokeratology (oprifocon A) Shaping Lenses for Overnight Wear for Bausch + Lomb Vision Shaping Treatment VST® Have Been Fitted

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CAUTION: Federal (USA) law restricts this device to sale by or on the order of a licensed healthcare practitioner.

Boston® Orthokeratology (oprifocon A) Shaping Lenses should be fitted only by a contact lens fitter trained and certified in the fitting of conventional (non-reverse geometry) and reverse geometry contact lenses.

Non-sterile. Clean and condition lenses prior to use.

Instructions for Wearers of Boston Orthokeratology (oprifocon A) Shaping Lenses for Overnight Wear for Bausch + Lomb Vision Shaping Treatment VST

Precautions

General

Clinical studies have demonstrated that Boston® Orthokeratology (oprifocon A) Shaping Lenses, for Bausch + Lomb Vision Shaping Treatment VST®, are safe and effective for their intended use. However, the clinical studies may not have included all design configurations or lens parameters that are presently available in the material. Consequently, when selecting an appropriate lens design and parameters, the eye care practitioner should consider all factors that affect lens performance and your 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 weighed against your need for refractive reduction; therefore, your continuing ocular health and lens performance on the eye should be carefully monitored by your prescribing eye care practitioner.

Boston Orthokeratology (oprifocon A) Shaping Lenses are supplied non-sterile in an individual plastic case. The lens is shipped dry and must be cleaned and conditioned prior to use.

Patient

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 shaping 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 Boston Orthokeratology (oprifocon A) Shaping 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.
- Do not use tap water as a rinsing agent.
- 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-based cosmetics are less likely to damage lenses than oil-based products.
- Be certain that your fingers or hands are free of foreign material before touching your shaping lenses. Microscopic scratches of the lenses may occur, causing distorted vision and/or injury to the eye.
- Care of the Boston Orthokeratology (oprifocon A) Shaping Lenses may be accomplished with the use of either a two-bottle care regimen (separate conditioning solution and a separate cleaning solution) or a one-bottle care regimen (a multi-action solution that is an all-in-one solution).

For a two-bottle system - Clean one lens first. The recommended procedure is to always clean the same lens first to avoid mix-ups. Rinse the lens thoroughly with saline indicated for the care of gas permeable lenses to remove the cleaning solution. Place the lens into the correct storage chamber and fill the chamber with the recommended disinfecting solution as recommended by your eye care practitioner. Clean and rinse the other lens in the same manner and place it in its chamber with fresh disinfecting solution.

For a one-bottle system - Clean one lens first. The recommended procedure is to always clean the same lens first to avoid mix-ups. Rinse the lens with the one-bottle solution. Place the lens into the correct storage chamber and fill the chamber with the recommended one-bottle disinfecting solution as recommended by your eye care practitioner. Clean and rinse the other lens in the same manner and place it in its chamber with fresh one-bottle disinfecting solution.

- Carefully follow the handling, insertion, removal, cleaning, disinfecting, storing and wearing instructions in this booklet and those prescribed by your eye care 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. To remove the lens from the case, pour the solution containing the lens into the palm of 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:** Non-sterile. 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 (Non-Moving) Lens in this booklet. 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.

Lens Case Precautions

- Contact lens cases can be a source of bacterial growth. To prevent contamination and to help avoid serious eye injury, always empty and rinse the lens case with fresh, sterile rinsing solution and allow to air-dry.
- Replace your lens case at least once every 3 months or as directed by your eye care practitioner.

Discuss These Topics with Your Eye Care Practitioner:

- As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes. You should be instructed as to a recommended follow-up schedule.
- During initial weeks of treatment, some patients may experience changes in vision that may require temporary alternate corrective eyewear. This should be discussed with your eye care practitioner.
- Once your vision is fully corrected, you may experience some hours of fluctuation of vision late in the day. If these are bothersome, discuss with your practitioner the possibility of wearing your shaping lenses during those times.
- Ask your eye care practitioner about wearing shaping lenses during water and sporting activities.
- Ask your eye care practitioner about use of any medication in your eye.

Who Should Know That You Are Wearing Contact Lenses?

- Inform your doctor (health care practitioner) about being a contact lens wearer.
- If you choose to wear your lenses while at work always inform your employer of being a contact lens wearer. Some jobs may require the use of eye protection equipment or may require that you not wear contact lenses during work hours.

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 eye care 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. Do not use a tap water rinse; use the approved conditioning solution as a rinsing agent.
- If the problem continues, you should **IMMEDIATELY** remove the contact lenses and consult your eye care practitioner.

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

Personal Cleanliness for Lens Handling:

1. 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 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.

2. 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.

3. 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.

After thoroughly washing and rinsing your hands, and after proper cleaning and conditioning of the lens, follow these steps to insert the lens:

- Remove the lens from its storage compartment.
- 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.
- Place the lens on the top of the index finger of your dominant hand. Place the middle finger of the same hand close to the lower lash and hold down the lower lid.
- Use the forefinger or middle finger of your other hand to lift the upper lid and then place the lens on the eye. It is not necessary to press the lens against the eye.
- Gently release the lids and blink. The lens will center automatically. Always verify its proper position by checking your vision immediately after insertion.
- Use the same technique or reverse the hand when inserting the other lens.

There are other methods of lens placement. If the above method is difficult for you, your eye care 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 booklet).

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 eye care practitioner.

4. 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.

5. Removing the Lens:

- Before removing your lenses, it is recommended that you have the following items available:

- a) A lens storage case
- b) Care system
- c) A clean towel

- 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.
- There are two suggested methods of lens removal:

Two-Finger Method

- 1) Place a towel under your eye to catch the lens.
- 2) Place the tip of the forefinger of one hand on the middle of the upper lid margin and the forefinger of the other hand on the middle of the lower lid margin.
- 3) Press the lid margin inward and then together. The lens should be wedged out of your eye onto your hand or towel.
- 4) The lens may come out but remain on your eyelid or hand to be decentered onto the white part of your eye. If the latter occurs, re-center the lens onto your cornea before repeating the removal procedure.

