



PATIENT INFORMATION BOOKLET

BostonSight® Specialty Lenses

(rofluvocon D, rofluvocon E, tisilfocon A,
hexafocon B, oprifocon A, fluoroxofocon A)

Gas Permeable Contact Lenses for Daily Wear

Spherical & Aspherical Contact Lenses for Myopia,
Hyperopia, and Irregular Corneal Conditions

Multifocal Contact Lenses for Presbyopia

Toric Lenses to Correct Astigmatism in Non-Aphakic
and Aphakic Persons

Spherical, Aspherical & Multifocal Scleral Lenses for
Myopia, Hyperopia, Ocular Surface Disease, and
Irregular Corneal Conditions



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

CAUTION: *Non-sterile. Clean and condition
lenses prior to use.*

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INTRODUCTION

BostonSight® Specialty Lenses are manufactured from a gas permeable plastic material (rofluocon D, rofluocon E, tisilfocon A, hexafocon B, oprifocon A or fluoroxyfocon A) with and without an ultraviolet-absorber. They are intended for daily wear use only.

BostonSight Specialty Lenses for daily wear are available with or without Tangible® Hydra-PEG, which is a thin polyethylene glycol (PEG)-based polymer that is covalently bonded to the surface of the contact lens and is designed to enhance the surface properties of the contact lens while retaining the mechanical and optical properties of the underlying material. BostonSight Specialty Lenses for daily wear fabricated from oprifocon A are not available with Tangible® Hydra-PEG.

It is essential that you follow the recommended handling, cleaning, and storage procedures. Failure to do so may impair the performance of your lenses.

WEARING INDICATIONS AND RESTRICTIONS

BostonSight Specialty Lenses (rofluocon D, rofluocon E, tisilfocon A, hexafocon B, oprifocon A, fluoroxyfocon A) for daily wear are indicated for the correction of refractive ametropia (myopia, hyperopia, astigmatism, and presbyopia) in aphakic and non-aphakic persons with non-diseased eyes. The lenses may be prescribed in otherwise non-diseased eyes that require a gas permeable contact lens for the management of irregular corneal conditions such as keratoconus, pellucid marginal degeneration, or following penetrating keratoplasty or refractive surgery.

Furthermore, eyes suffering from certain ocular surface disorders may benefit from the physical protection, aqueous hydrated environment, and the saline bath provided by scleral lens designs.

BostonSight Specialty Lenses for daily wear in the scleral lens designs are indicated for therapeutic use in eyes with ocular surface disease including, but not limited to, ocular Graft-versus-Host disease, Sjögren's syndrome, dry eye syndrome and Filamentary Keratitis, limbal stem cell deficiency (e.g. Stevens-Johnson syndrome, chemical radiation and thermal burns), disorders of the skin (e.g. atopy, ectodermal dysplasia), neurotrophic keratitis (e.g. Herpes simplex, Herpes zoster, Familial Dysautonomia), and corneal exposure (e.g. anatomic, paralytic) that might benefit from the presence of an expanded tear reservoir and protection against an adverse environment.

Additionally, BostonSight Specialty Lenses for daily wear in the scleral lens designs are indicated for therapeutic use for the management of irregular and distorted corneal surfaces. Common causes of corneal distortion include, but are not limited to, corneal infections, trauma, tractions as a result of scar formation secondary to refractive surgery (e.g. LASIK or radial keratotomy) or corneal transplantation. Causes may also include corneal degeneration (e.g. keratoconus, keratoglobus, pellucid marginal degeneration, Salzmann's nodular degeneration), and corneal dystrophy (e.g., lattice dystrophy, granular corneal dystrophy, Reis-Bucklers dystrophy, Cogan's dystrophy). When prescribed for therapeutic use for a distorted cornea or ocular surface disease, BostonSight Specialty Scleral Lenses for daily wear may concurrently provide correction of refractive error.

Eye care practitioners may prescribe the lenses for frequent/planned replacement wear, with cleaning, disinfection and scheduled replacement. When prescribed for frequent/planned replacement wear, the lens may be cleaned and disinfected using a chemical (not heat) lens care system.

DO NOT WEAR YOUR BOSTONSIGHT SPECIALTY LENSES WHILE SLEEPING.

CONTRAINDICATIONS (REASON NOT TO USE)

DO NOT USE BostonSight Specialty Lenses (roflucocon D, roflucocon E, tisilfocon A, hexafocon B, oprifocon A, fluoroxyfocon A) for daily wear when any of the following conditions exist:

- Acute and subacute inflammation or infection of the anterior chamber of the eye
- Any eye disease, injury, or abnormality, other than irregular corneal conditions as described in the INDICATIONS section, that affects the cornea, conjunctiva, or eyelids
- Severe insufficiency of lacrimal secretion (dry eyes) except when using a scleral lens design that maintains a fluid chamber between the cornea/ conjunctiva and the contact lens
- Corneal hypoesthesia (reduced corneal sensitivity), except when using a scleral lens design that maintains a fluid chamber between the cornea/ conjunctiva and the contact lens and acts as a protective barrier for the cornea if non-aphakic
- Any systemic disease that may affect the eye and would be exaggerated by wearing the lenses
- Allergic reactions of ocular surfaces or adnexa that may be induced or exaggerated by wearing contact lenses or using contact lens care solutions
- Allergy to any ingredient, such as mercury or thimerosal, in a solution which is to be used to care for BostonSight Specialty Lenses for daily wear
- Any active corneal infection (bacterial, fungi, or viral)
- If eyes become red or irritated
- Patients unable to follow lens care regimen or unable to obtain assistance to do so

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 daily wear lenses are worn overnight.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than nonsmokers.
- All contact lens wearers must see their eye care practitioner as directed.
- If you experience eye discomfort, excessive tearing, vision changes, or redness of the eye, **immediately remove the lenses and promptly contact your eye care practitioner**.
- 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 your protective UV-absorbing eyewear as directed.

Note: Long term exposure to ultraviolet (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-absorbing contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate

that wearing UV-absorbing contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information.

PRECAUTIONS

Never reuse the solution. You may store the lenses in the unopened container until ready to use, up to a maximum of 30 days from the date of manufacture (see lens shipping pouch label). If the lenses are stored for longer periods of time, they should be cleaned and disinfected using the recommended solutions.

All lenses, whether shipped wet or dry, should be cleaned with daily cleaner and rinsed with fresh, unexpired rinsing solution prior to application.

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.
- Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. Use only recommended solutions.
- Do not heat the conditioning/storage solution and/or lenses. Keep them away from extreme heat.
- Always use **fresh, unexpired** lens care solutions.
- Always follow directions in the Package Inserts for the use of contact lens solutions.
- Sterile preservative-free solutions should be discarded after the time specified in the labeling directions.
- Do not use saliva, water, or anything other than the recommended solution for lubricating or wetting lenses.

- Use only a chemical (not heat) lens care system. Use of a heat (thermal) care system can warp BostonSight Specialty Lenses for daily wear.
- Always keep the lenses completely immersed in the recommended storage solution when the lenses are not being worn (stored). If dry storage is desired to store the lenses for a longer period of time, more than 30 days, they must first be cleaned, rinsed with fresh, unexpired, preservative-free saline solution, disinfected, and carefully dried by blotting with a soft lint-free tissue prior to being placed in a clean, dry lens storage case. These lenses should be cleaned and disinfected prior to application.
- BostonSight Specialty Lenses for daily wear with Tangible® Hydra-PEG must be stored in the lens storage case with the recommended solution. Dry storage is not recommended.
- If the lens sticks (stops moving) on the eye, apply 1 to 3 drops of the recommended rewetting (lubricating) 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 15 minutes, **immediately consult your eye care practitioner.** This action does not apply to scleral lens designs.
- Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your 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.
- Do not touch contact lenses with the fingers or hands if the hands are not free of foreign materials, as microscopic scratches on the lenses may occur, causing distorted vision and/or injury to the eye.
- Carefully follow the handling, application, removal, cleaning, disinfecting, storing, and wearing instructions that follow for BostonSight Specialty Lenses and those provided by your eye care practitioner.
- Never wear lenses beyond the period recommended by your eye care practitioner.
- If aerosol products, such as hair spray, are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.
- Always handle lenses carefully and avoid dropping them.
- Avoid all harmful or irritating vapors and fumes while wearing lenses.
- Patients should be advised about wearing lenses during sporting and water-related activities.
- Patients should be instructed to not expose contact lenses to water while wearing them. Water can harbor microorganisms that can lead to severe infection, vision loss, or blindness. Exposure to water while wearing contact lenses in activities such as swimming, water skiing, and hot tubs may increase the risk of ocular infection including but not limited to Acanthamoeba keratitis. If lenses have been submersed in water, they should be immediately removed, thoroughly cleaned, and disinfected before reapplication.
- Inform your doctor (health care practitioner) that you wear contact lenses.
- Never use tweezers or other tools to remove lenses from the lens case unless specifically indicated for that use. To remove the lens from the case, pour the lens into the palm of your hand.
- Do not touch the lens with your fingernails.
- Always contact your eye care practitioner before using any medicine in your eyes.

- Always inform your employer that you wear contact lenses. Some jobs may require the use of eye protection equipment or may require that you do 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.
- Patients with limbal stem cell deficiency may need to be monitored more closely to prevent progression of the disease, and if any progression of the disease is noted, contact lens wear may have to be reduced or terminated.

ADVERSE REACTIONS

The following problems may occur:

- Eyes stinging, burning, itching (irritation), or other eye pain
- Comfort is less than when lens was first placed on eye
- Feeling that something is in the eye such as a foreign body or scratched area
- Excessive watering (tearing) of the eye
- Unusual eye secretions
- Redness of the eye
- 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 lenses**
- If the discomfort or problem stops, look closely at the lens. If the lens is in any way damaged, **do not put the lens back on the eye**. Place the lens in the lens case and contact your eye care practitioner. If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, you should thoroughly clean, rinse, and

disinfect the lens, then reapply. After reapplication, if the problem continues, **immediately remove the lens and consult your eye care practitioner.**

- When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularization, or iritis 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.

LENS CARE DIRECTIONS

Your eye care practitioner should review lens care directions with you, including both general lens care information and specific instructions on the lens care regimen recommended for you.

PERSONAL CLEANLINESS FOR LENS HANDLING

Cleanliness is the first and most important aspect of proper contact lens care.

It is essential that you learn and use good hygienic methods in the care and handling of your new lenses. Your hands should be clean and free of any foreign substances when you handle your lenses.

- 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 the 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 hygiene procedures so that they become automatic.

HANDLING THE LENSES

- Develop the habit of always working with the same lens first to avoid mix-ups.
- When removing the lens from its lens case, pour it into your hand and examine it to be sure that it is clean, clear, and free of any nicks or cracks.
- If the lens is not clean, repeat the clean and rinse steps. If the lens is not clear or has any nicks or cracks, do not apply your lens, and contact your eye care practitioner.

GENERAL LENS CARE INFORMATION

- Contact lens care requires three essential steps – **cleaning, rinsing, and disinfection.**
- Each step in the lens care process is important and one step is not to be replaced by another.
- Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses.
- Always use **fresh, unexpired** lens care solutions.
- Use the recommended chemical (not heat) lens care system 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, or if advised by your eye care practitioner.**
- Do not use saliva, water, or anything other than the recommended solutions for lubricating or rewetting lenses.
- Do not put lenses in the mouth.
- Lenses should be **cleaned, rinsed, and disinfected** daily after use.
- **Cleaning and rinsing** are necessary to remove mucus and film from the lens surface.

- **Disinfecting** is necessary to destroy harmful germs.
- Your eye care practitioner may recommend a lubricating/rewetting solution, which can be used to rewet (lubricate) lenses while they are being worn to make them more comfortable.

SPECIFIC INSTRUCTIONS FOR USE AND WARNINGS

1. Clean and Rinse

Instruction for Use:

- Follow the complete recommended lens rubbing and rinsing times in the labeling of your multi-purpose or daily cleaning solution to adequately clean your lenses and reduce the risk of contact lens infection.
- **Always clean** one lens at a time in the same order to avoid mix-ups. Rinse the lens thoroughly with the recommended rinsing solution to remove the cleaning solution, mucus, and film from the lens surface. Place the lens into the correct chamber of the lens storage case. Then repeat the procedure for the second lens.

WARNING

- Rub and rinse your lenses for the recommended amount of time to help prevent serious eye infections.

2. Disinfect and Store

Use the recommended chemical (not heat) disinfection lens care system and carefully follow instructions on solution labeling.

Instruction for Use:

- Lenses must be clean and rinsed prior to disinfecting.
- Use only fresh, unexpired contact lens disinfecting solution each time you disinfect or store your lenses.
- Fill the clean, dry contact lens case with fresh, unexpired recommended storage and disinfection solution and place lenses in the proper chambers for the time specified on the solution label.

- **Do not heat the disinfection solutions and lenses.**
- To store lenses, disinfect and leave them in the closed/unopened case until ready to wear. If lenses are not to be used immediately following disinfection, consult your eye care practitioner for information on storing your lenses.
- If dry storage is desired to store the lenses for a longer period of time, more than 30 days, they must first be cleaned, rinsed with fresh, unexpired, preservative-free saline solution, disinfected, and carefully dried by blotting with a soft lint-free tissue prior to being placed in a clean, dry lens storage case. Lenses should be cleaned and disinfected prior to application.
- BostonSight Specialty Lenses for daily wear with Tangle® Hydra-PEG must be stored in the lens storage case with the recommended solution. Dry storage is not recommended.

WARNING

- Do not reuse or “top off” old solution left in the lens case since solution reuse reduces effective lens disinfection and could lead to severe infection, vision loss or blindness. “Topping-off” is the addition of fresh solution to solution that has been sitting in the case.
- Soak the lenses in the contact lens disinfecting solution according to the labeling instructions to allow completion of the disinfection process. Removing before the minimum soak time will result in incomplete disinfection and possible eye irritation or injury.
- **Never use water**, saline solution, or rewetting drops to disinfect the lenses. These solutions will not disinfect the lenses. Not using the recommended disinfectant can lead to severe infection, vision loss, or blindness.
- Lenses that are chemically disinfected may retain ingredients from the disinfecting solution, which may be irritating to the eyes. A thorough rinse

in fresh, unexpired rinsing solution prior to placement on the eye should reduce the potential for irritation.

3. Lens Deposits and Use of Enzymatic Cleaning

- Enzymatic cleaning may be recommended by your eye care practitioner to effectively remove protein deposits from the lens. These deposits cannot be removed with regular cleaners. Removing protein deposits is important for the wellbeing of your lenses and eyes. If these deposits are not removed, they can damage the lenses and cause irritation.
- Enzymatic cleaning does NOT replace routine daily cleaning and disinfecting. For enzymatic cleaning, carefully follow the instructions in the enzymatic cleaning labeling.
- Enzymatic cleaner is NOT recommended for use with lenses coated with Tangle® Hydra-PEG.

4. Lens Case Care

Instruction for Use:

- The lens case must be emptied after each use, cleaned, and dried.
- Clean contact lens case with digital rubbing using fresh, sterile disinfecting solutions/contact lens cleaner. **Never use water.** Cleaning should be followed by rinsing with fresh disinfecting solutions (**never use water**) and wiping the lens case with a fresh, clean tissue. Never air-dry or recap the lens case lids after use without any additional cleaning methods. If air drying, be sure that no residual solution remains in the case before allowing it to air dry.
- Replace the lens case according to the labeling that came with the case, or the directions given by your eye care practitioner.

WARNING

- Contact lens cases can be a source of bacterial growth.

- Do not store your lenses or rinse the lens case with water or any non-sterile solution. Only use fresh, sterile solution to prevent contaminating the lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss, or blindness.

5. Discard Date on Contact Lens Solution Bottle

Instruction for Use:

- Discard any remaining solution after the recommended time period indicated on the bottle of solution used for cleaning, rinsing, disinfecting, or storing contact lenses.
- The discard date refers to the time you can safely use contact lens care product after the bottle has been opened. It is not the same as the expiration date, which is the last date that the product is still effective before it is opened.

WARNING

- Using any contact lens solutions beyond the discard date could result in contamination of the solution and can lead to **severe infection, vision loss, or blindness.**
- To avoid contamination, DO NOT touch the tip of the container to any surface. Replace the cap after using.
- To avoid contaminating the solution, DO NOT transfer it to other bottles or containers.

RECOMMENDED LENS CARE PRODUCTS

BostonSight Specialty Lenses (rofluvocon D, rofluvocon E, tisilfocon A, hexafocon B, oprifocon A, fluoroxyfocon A) should be disinfected using only a chemical (not heat) disinfection system. Your eye care practitioner should recommend a care system that is appropriate for BostonSight Specialty Lenses for daily wear. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed.

The lens care products listed below are recommended by BostonSight for use with BostonSight Specialty Lenses for daily wear. Your eye care practitioners may recommend alternative products that are appropriate for use with your lenses.

Lens Care Table for BostonSight Specialty Lenses

Product Purpose	Lens Care System
Clean	<ul style="list-style-type: none"> • Boston SIMPLUS® Multi-Action Solution • Menicon Unique pH® Multi-Purpose Solution
Rinse	<ul style="list-style-type: none"> • Sterile, preservative-free saline solution as recommended by your eye care practitioner
Disinfect	<ul style="list-style-type: none"> • Boston SIMPLUS® Multi-Action Solution • Menicon Unique pH® Multi-Purpose Solution • Alcon Clear Care® Cleaning and Disinfection Solution
Store	<ul style="list-style-type: none"> • Boston SIMPLUS® Multi-Action Solution • Menicon Unique pH® Multi-Purpose Solution
Rewet/Lubricate	<ul style="list-style-type: none"> • Boston® Rewetting Drops • Sterile, preservative-free saline solution as recommended by your eye care practitioner
Use with scleral lenses	<ul style="list-style-type: none"> • Sterile, preservative-free saline solution as recommended by your eye care practitioner

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.

PLACING THE LENS ON THE EYE

Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses.

Develop the habit of always working with the same lens first to avoid mix-ups.

Your lens should be properly cleaned and disinfected before placing it on your eye.

Follow the steps to apply your lens or those steps provided by your eye care practitioner.

BostonSight Specialty Lens Application

1. Remove the lens from its lens case by pouring it into your hand and examine it to be sure that it is clean, clear, and free of any debris, nicks, or cracks.
2. If the lens is not clean, repeat the clean and rinse steps. If the lens is not clear or has any nicks or cracks, do not apply your lens, and contact your eye care practitioner.
3. Rinse the lens with fresh, unexpired, preservative-free saline solution.
4. 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.
5. 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.
6. Gently release the lids and blink. The lens should center automatically. Always verify its proper position by checking your vision immediately after application.
7. Use the same technique or reverse the hand when applying the other lens.

Note: There are other methods of lens placement. If the above method is difficult for you, your eye care practitioner will provide you with an alternative 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 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. Clean and rinse the lens then place on the eye again.
 - b. 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.

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 one of the procedures below:

- Close your eyelids and gently massage the lens into place through the closed lids OR
- Gently push the off-centered lens onto the cornea while the eye is open using finger pressure on the upper or lower lid next to the edge of the lens OR
- Locate the lens by looking in the mirror or feel for the outline of the lens through your closed eyelid. Look in the opposite direction of where the lens is on your eye. Use your fingertips to place the edge of the eyelid next to the edge of the lens and nudge it back into position as you shift your gaze toward the lens.

BostonSight Specialty Scleral Lens Application

Before applying your lens, have the following supplies available:

- A clean, soft towel for your work surface
- A mirror
- Tissues
- An application plunger
- A removal plunger, in the event you need to remove the lens and reapply
- Fresh, unexpired, preservative-free saline solution

Remove the lens from its lens case by pouring it into your hand and examine it to be sure that it is clean, clear, and free of any debris, nicks, or cracks.

If the lens is not clean, repeat the clean and rinse steps. If the lens is not clear or has any nicks or cracks, do not apply your lens,

and contact your eye care practitioner.

Rinse the lens with fresh, unexpired, preservative-free saline solution.

There are two suggested methods of applying your BostonSight Specialty Scleral Lenses:

1. Apply Your Lens With a Plunger

- a. Hold the clean and disinfected lens gently by the edges.
- b. Squeeze the application plunger at the line and place the lens on the cup; then release the 'squeeze.'
- c. Holding the plunger vertically, overfill the lens with fresh, unexpired, preservative-free saline solution. To prevent bubbles, let the solution drip, not stream into the lens.
- d. Hold your eyelids where the lashes meet the lids, centering your fingers on the lids to form a round opening with plenty of clearance for the lens.
- e. Tuck your chin to your chest and look straight down. Your forehead should be even with your chin and your face parallel to the table.
- f. Center the lens within your lid opening and focus on the black hole or light (if using a lighted plunger) in the center of the plunger as if you are looking through it.
- g. Move the lens toward your eye. As you approach your eye with the lens, you will feel the coolness of the fluid. Press the lens onto your eye with firm, but gentle pressure.
- h. Maintain upward pressure and squeeze plunger to release suction from lens.
- i. Capture the lens with your eyelids by releasing the lids and blinking.

2. Apply Your Lens Without a Plunger

- a. Position your thumb and first two fingers into a tripod.
- b. Hold the lens gently by the edges and set it on top of the tripod.
- c. Overfill the lens with fresh, unexpired,

preservative-free saline solution.

To prevent bubbles, let the solution drip, not stream into the lens.

- d. Hold your eyelids where the lashes meet the lids, centering your fingers on the lids to form a round opening with plenty of clearance for the lens.
- e. Tuck your chin to your chest and look straight down. Your forehead should be even with your chin and your face parallel to the table.
- f. Center the lens within your lid opening.
- g. Move the lens toward your eye. As you approach your eye with the lens, you will feel the coolness of the fluid. Press the lens onto your eye with firm, but gentle pressure.
- h. Capture the lens with your eyelids by releasing the lids and blinking.

REMOVING THE LENS

Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses.

Develop the habit of always working with the same lens first to avoid mix-ups.

BostonSight Specialty Lens Removal

Before removing your lenses, have the following items available:

- A clean, soft towel for your work surface
- A standard contact lens case

There are two suggested methods of BostonSight Specialty Lens removal:

1. Two-Fingered Method

- a. Place a towel under your eye to catch the lens.
- b. 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.
- c. Press the lid margin inward and then together. The lens should be wedged out of your eye onto your hand or towel.

- d. The lens may come out but remain on your eyelid or hand or 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.

2. Blink Method

- Seal yourself at a table covered with a clean towel and lean over until you are looking down at the surface.
- Place your index finger at the outer junction of your upper and lower lids, stretch the skin outward and slightly upward. (Do not allow your lid to slide over the lens.)
- Blink briskly. The lens will be pinched by the pressure of your eyelids and the lens will pop out onto the clean surface of the towel, or you may catch the lens in the palm of your hand.

3. Remove the other lens by following the same procedure

4. Follow the required lens care procedures described under the heading: LENS CARE DIRECTIONS

Note: If these methods for removing your lenses are difficult for you, your eye care practitioner will provide you with an alternative method.

BostonSight Specialty Scleral Lens Removal

Before removing your lens, it is recommended you have the following supplies available:

- A clean, soft towel for your worksurface
- A mirror
- Tissues
- A standard contact lens case
- A removal plunger
- Fresh, unexpired, preservative-free saline solution

There are two suggested methods of BostonSight Specialty Scleral Lens removal:

1. Remove Your Lens with a Plunger

- Lay a clean, soft towel on your work surface.
- Position the mirror upright on your work surface.
- Lubricate the eye thoroughly with several drops of fresh, unexpired, preservative-free saline solution.
- Wet the removal plunger with fresh, unexpired, preservative-free saline solution.
- Look straight ahead into the mirror.
- Hold your eyelids where the lashes meet the lids, centering your fingers on the lids to form a round opening with plenty of clearance for the lens.
- Hold the plunger at a 45-degree angle, aimed at the 6 o'clock position on the lens where the color portion of your eye meets the white.
- Press the plunger firmly, but gently, against the lens to create suction. If the plunger is pressed too close to the center of the lens - right over your pupil - it may not be able to break suction and remove it.
- Pull the lens slowly in an arc-down-and-out manner.
- Maintain your lid spread until the lens is out of your eye.
- Remove the lens from the plunger by gently twisting the plunger toward the edge of the lens.
- Gently place the lens in the correct side of your contact lens case.

2. Remove Your Lens Without a Plunger

- Lay a clean, soft towel on your work surface.
- Position the mirror upright on your work surface.
- Lubricate the eye thoroughly with several drops of fresh, unexpired, preservative-free saline solution.
- Press the tip of your index finger

on the very edge of your upper lid at the 12 o'clock position and gently push it into your eye just above the top edge of the lens.

- e. Block the lens from moving down by pressing the tip of your index finger of your other hand on the very edge of your lower lid just below the bottom edge of the lens.
- f. Look upward until you feel the lens being blocked by pressure on the upper lid.
- g. Blink to remove the lens.

Note: Ideally the lens will come off slowly allowing you to scoop the upper edge of the lens off your eye; however, the lens may release quickly and fall to the soft towel.

3. Remove the other lens by following the same procedure

4. Follow the required lens care procedures described under the heading: LENS CARE DIRECTIONS

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 that

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 state driver's 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 you may encounter while adapting to bifocal/multifocal contact lens wear. Your eye care practitioner may discuss the following with you:

- A. **Adaptation:** Both bifocal/multifocal spectacle and bifocal/multifocal contact lens wearers need to learn to adapt to proper head positioning. The bifocal/multifocal patient must position the head upright while rotating the eyes downward to read. Once the bifocal/multifocal patient has adapted, proper positioning becomes effortless.
- B. **Driving at Night:** Bifocal/multifocal contact lens wearers should experience night vision before driving while wearing their lenses.
- C. **Flare at Night:** Bifocal/multifocal contact lens wearers may experience flare at night. This may occur with certain lens designs. With time, bifocal/multifocal contact lens wearers adapt to this situation.
- D. **Visual Expectation:** Bifocal/multifocal contact lens wearers may experience visual acuities less than could be achieved with bifocal/multifocal spectacles.

EMERGENCIES

If chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes, you should:

FLUSH YOUR EYES IMMEDIATELY WITH TAP WATER, THEN REMOVE YOUR LENSES PROMPTLY, IF POSSIBLE, AND IMMEDIATELY CONTACT YOUR EYE CARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.

APPOINTMENT SCHEDULE

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

Your appointments are on:

Date

Time

EYE CARE PROFESSIONAL INFORMATION:

Practice Name: _____

Practitioner Name: _____

Address: _____

Phone Number: _____

RECOMMENDED LENS CARE REGIMEN:

Cleaning Solution: _____

Rinsing Solution: _____

Disinfecting Solution: _____

Storing Solution: _____

Rewetting Solution: _____

Scleral Lens Filling Solution: _____

IMPORTANT: If you experience any difficulty wearing your lenses or you do not understand the instructions given to you, **DO NOT WAIT** for your next appointment. **CONTACT YOUR EYE CARE PRACTITIONER IMMEDIATELY.**

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