

Your prescription

- Follow your contact lens specialist's recommendation regarding how to wear, renew and maintain your lenses.
- Schedule your check-up visits and contact your contact lens specialist for any question concerning the health of your eyes.

Your Menicon lens parameters :

R r_o \varnothing_T P.

L r_o \varnothing_T P.

Wearing conditions: daily wear extended wear ... nights
(up to 29 nights)

Next visit:
.....
.....

Contact details of your contact lens specialist

Name:

Adress:

Phone:

To find out more about your lenses:
www.menicon.com



PATIENT INFORMATION GUIDE

Menicon Z lenses



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Your first Menicon Z lenses

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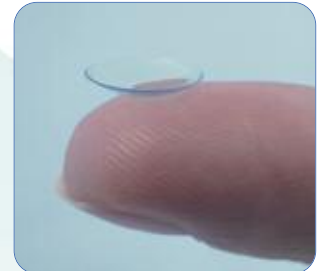
Your eye care specialist advised you to wear ultra permeable Menicon lenses made of Z material to help oxygenate your eyes.

Whether you're shortsighted, farsighted, presbyope, and /or astigmatic, whatever your visual needs be, these lenses will bring you long lasting, unrivaled visual quality.

From childhood to adulthood, there's no right age to begin wearing them.

Wearing the lenses day and night (up to 30 days / 29 nights) is an option you may discuss with your eye care specialist who can better determine how long to wear them and the best-suited care.

For the health of your eyes, it is important to replace your lenses every 1 to 2 years, to plan regular check ups, and to follow your eye-care specialist's recommendations.



*Menicon Z, Menicon Z-α, Menifocal Z lenses.

How to insert and remove your lenses

Steps before handling.

In the morning, insert your lenses after showering to avoid any contact with water.

Apply makeup after inserting your lenses.

At night, remove your lenses before washing and removing makeup.

1

You should always thoroughly wash, rinse and dry your hands using a non-fluffy towel.



Always close the sink's plughole to avoid any accidental loss.

2

Prepare your lens case with the solution and stand in front of a mirror.

3



Handle your lenses with care avoiding any contact with your nails (which should be regularly filed).

4

Be in the habit of always starting with the same eye, for example with the lens on the right (in such a way as to avoid dropping your lenses).

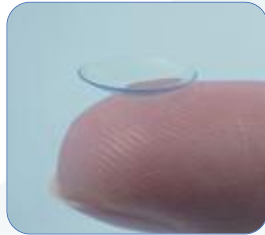
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Inserting your lenses

1
Unscrew the right cover of the lens case with your left hand and carefully rinse the lens in the case using the MeniCare Plus solution.



2
Place the right side lens on your right index finger using your thumb for support.



3
With your right middle finger lower the bottom eyelid. With your left index finger lift the upper eyelid and place the lens on the cornea.



4
Release the bottom eyelid and then gently release the upper one.

5
Lift your head and check your vision by covering your other eye.

Follow the same steps to put in the left lens.



6
Empty the case and let it air dry.



If your vision seems blurred, be sure you haven't mixed up the right and left lenses.



How to remove your lenses

Always remember to wash, rinse, and dry your hands before handling your lenses.

Fill the lens case with MeniCare Plus solution.

Always remove the same lens using one of these methods:

Method 1:

With your eyes wide open and looking ahead, tilt your head forward, and then stretch the temporal edges of the eyelids collecting the lens in the palm of your opposite hand.

Method 2:

With head tilted forward, place the right index finger on the bottom eyelid at the lashes and the left index finger on the upper eyelid at the lashes. Open your eyes wide, and bring your fingers in, exerting enough light pressure to free the lens from the eye.



Method 3 with a suction pad:

With your eyes wide open, lift the upper eyelid at the lashes, and with a suction pad held between the thumb and index fingers, create a gentle suction on the lens itself (not on the eye!).



Place the lens in the palm of your hand and clean it.

- Delicately rub the lens with the index finger (about 20 seconds) by adding a few drops of MeniCare Plus solution to the lens.
- Place the lens in the corresponding lens case compartment ("R" for right, "L" for left) and rinse the lens with MeniCare Plus solution.
- Tightly screw on the cap of the lens case and let the lens soak in the fresh solution.



Follow the same steps to remove the left lens.

Advice

- ✓ If you experience any discomfort, it could be due to dust. Remove the lens and rinse it again. If the irritation persists, remove your lens and consult your eye care specialist.
- ✓ Always remove makeup after removing your lenses to avoid any contact with fatty deposits.
- ✓ If your eyes are red or irritated, immediately remove your lens and contact your eye care specialist.
- ✓ Always remember to carry your lens case and a small travel bottle with you, and not to forget your glasses.



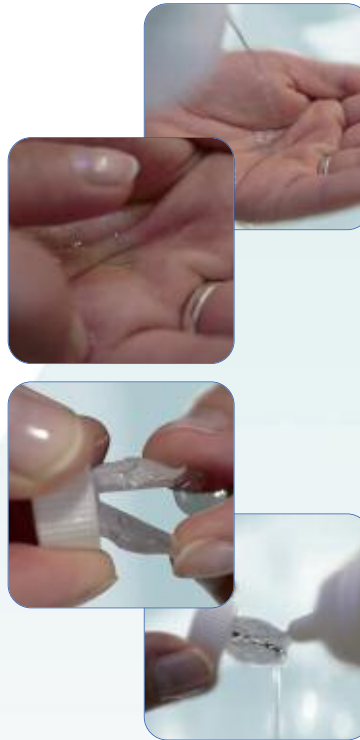
Taking care of your Menicon Z lenses

With MeniCare Plus & Progent

It's important to follow the advice given and to respect the choice of products prescribed.

Menicon recommends using the Multi-Purpose MeniCare Plus solution daily to clean, rinse, disinfect, and preserve your Menicon Z lenses.

In conjunction, the use of Progent once a week is also recommended for a more thorough cleaning and to remove protei deposits.



Cleaning

After removing the lenses, the rubbing step is very important for eliminating dust, microorganisms, and daily deposits. Place the lens in the palm of your hand and with the index finger very delicately rub it for about 20 seconds, adding a just few drops of MeniCare Plus solution.

Rinsing after cleaning

Place the lens in the corresponding lens holder (R for right, L for left) and rinse it using the MeniCare Plus solution.

Disinfection

Fill the lens case with fresh solution and tightly close it letting the lens soak.



Follow these simple steps for the other lens



Rinsing before inserting

Before inserting your lenses, rinse them with MeniCare Plus solution.



Using Progent once a week

This step is important in insuring consistent visual quality, optimized comfort, and long-lasting lenses.

(Carefully read the instructions indicated on the product notice).



Place each lens in the corresponding mount of the Progent container (R: right lens, L: left lens).



Very carefully open and pour one A dose and one B dose of Progent into the Progent container.



Warnings: do not apply Progent to the eyes, the nose and the mouth. In case of misuse or projection, rinse immediately thoroughly with water and consult your practitioner.



Close the container and gently shake it, then wait 30 minutes (without exceeding 30 minutes).



Open the container, and take out the contents.



Ensure adequate and full rinsing of the lenses on the lens-holder with the MeniCare Plus solution for at least 15 seconds.



Next, continue with usual cleaning with MeniCare Plus. The lenses are now ready to either be worn or put back in the lens case filled with MeniCare Plus solution.



In the case of continuous wear, it is important to thoroughly clean the lenses with Menicon Progent in conjunction with MeniCare Plus at intervening periods given by your eye care professional.



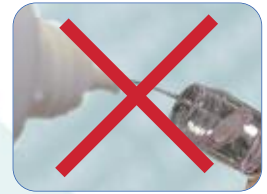
Safety measures

- Change the lens case solution everyday.
- If you do not wear your lenses everyday, keep them tightly sealed in the lens case filled with MeniCare Plus solution, which should be replaced at least every month.
- Close the bottle after each use and store it at room temperature, away from sunlight.
- Do not touch the tip of the bottle.
- Keep your lens case clean. Always empty it, then clean and rinse it with your solution before letting it air dry.
- Replace your lens case every 3 months.
- Disregarding any advice or hygiene regimens could lead to undesirable side effects and risk of serious ocular infection.



Precautions

- Never add new solution to remaining solution in your lens case!
 - Never use tap water, saliva, or physiological saline in large quantities without preservatives to rinse and preserve your lenses.
 - Avoid all contact with water. Wearing your lenses in any aquatic setting (pool, river, etc.) is not recommended.
- Do not change solution or lens brands without speaking to your eye care specialist.



Wearing Menicon Z ultra permeable lenses means having superb, long-lasting vision.