

 **Important : This leaflet contains information, please read carefully and retain for future reference.**

Introduction

You wear Menicon Rigid gas permeable lenses :

• *Menicon Z*, *Menicon Z-α*, *Menicon EX-Z*

Menifocal Z, *Menicon EX*, *Menicon Plateau*

or other Menicon Europe Contact lens design (CE 0483).

• *Menicon Z Executive*, *Menicon Z Progressive*,

Menicon Z Progressive Plus, *Menicon Z Progressive BTC*,

Menicon Z Progressive Plus BTC, *Menicon Z BTC*,

Menicon Z BT, *Menicon Z FT (CE 0336)*.

▲ These Menicon lenses are manufactured from oxygen ultrapermeable materials adapted to the physiology of the cornea.

The highly permeable material allows the maximum amount of oxygen to pass through to ensure that your eyes breathe freely.

▲ The geometry chosen by your eye care specialist is suited to the metabolism of your cornea and optimises wearer comfort.

Please read this information sheet carefully for use, handling and maintenance to preserve the quality of vision and comfort of your lenses, and the safety of your eyes ; consult your eye care specialist if you have any questions concerning contact lens wear.

Indications

Menicon RGP contact lenses are recommended for the correction of refractive ametropia (myopia, hypermetropia, and/or astigmatism in aphakic or not aphakic persons with non diseased eyes.

Menicon Z, *Menicon Z-α* and *Menifocal Z*

lenses are recommended for daily wear and/or continuous wear up to 30 days.

The others ones are recommended for daily wear.

Carefully follow the recommendations of your specialist, who will determine the maximum time you can wear your lenses and their maintenance procedure.

Contraindications

Menicon rigid gas permeable contact lenses are not recommended in the following cases:

- ▲ Inflammation or infection of the anterior chamber of the eye
- ▲ Disease, injury or problem affecting the cornea, the conjunctiva or the eyelids
- ▲ Corneal hypoesthesia (reduced sensitivity of the cornea)
- ▲ Systemic disease which affects the eye or is aggravated by wearing lenses
- ▲ Ocular allergic reactions induced by the lens wear or the use of maintenance products
- ▲ Corneal infection (of bacterial, viral or fungal origin)
- ▲ Red or irritated eyes
- ▲ Incomplete healing after eye surgery

Frequency of replacement

Menicon recommends the following schedules of replacement: < 2 years for contact lenses in Menicon EX (tolofocon A) and Menicon Z (tosilfocon A) materials

Before inserting and removing

- ▲ Before any handling, wash your hands carefully and dry them with a lint-free towel.
- ▲ Plug the washbasin.
- ▲ Prepare the case, the bottle(s) of solution and a mirror.
- ▲ Handle your lenses carefully, avoiding contact with your fingernails, always one lens at a time and always starting with the same eye (right/left).
- ▲ If you receive lenses in the manufacturer's original vial, please clean and rinse the lenses (preserved in a PHMB solution) before first use with MeniCare Plus. Only use lenses if the packaging is undamaged.

Inserting

- ❶ Unscrew the right stopper of the case and rinse the lens carefully on the lens holder.
- ❷ Place the right lens on the index finger of your right hand, using your thumb to open the support.
- ❸ Use your left index finger to raise the upper eyelid and hold your face near the mirror: use your right middle finger to lower the lower eyelid and place the lens on the cornea.
- ❹ Gently release the lower eyelid then the upper eyelid.
- ❺ Raise your head and check your vision, holding your hand in front of the other eye. Then fit the left lens in the same way.

(Always use the soft part of your fingertips, never your fingernails). If you experience discomfort during fitting, this may be due to the presence of dust: take out the lens and rinse it again. If the discomfort persists, take out the lens and consult your specialist.

Removal

▲ Fill the case with lens soaking solution

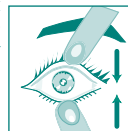
1st method :

Leaning your head forward, open your eyes wide looking straight ahead and sharply pull back the outer edge of your eyelids, catching the lens in the palm of your other hand.

2nd method :

With your chin on your chest, place your right index finger on the lower eyelid at the base of the eyelashes and your left index finger on the upper eyelid; open your eyes wide and move your fingers towards each other, exerting a slight pressure to separate the lens from the eye.

▲ Place the lens in the lens holder in the case.



Maintenance

For daily wear

▲ For daily maintenance, use the multipurpose solution *MeniCare Plus*.

(Read the instructions carefully before use).

- Rub the lenses gently between your thumb and forefinger with a few drops of solution.
- Rinse the lenses with *MeniCare Plus*
- Keep the lenses in the case filled with *MeniCare Plus* (effective disinfection in 5 minutes).
- Before fitting, rinse the lenses with *MeniCare Plus*.

▲ Once a week, for intensive protein removal and cleaning, use *Menicon Progent*.

(Read carefully the precautions for use indicated in the product instructions).

After cleaning with *MeniCare Plus* :

- ❶ Place the lenses in the lid of the PROGENT case.
- ❷ Mix a dose A and a dose B of PROGENT in the PROGENT case.
- ❸ Then close the case and wait for 30 minutes (do not exceed 30 minutes).
- ❹ Always rinse the lenses thoroughly before fitting with a *MeniCare Plus* rinsing solution (for at least 15 seconds).

Keep the lenses in *MeniCare Plus*.

For continuous wear

▲ *Menicon Progent* is recommended when you take out the lenses after the period of wear specified by your eye care specialist (7 days to 30 days)

(Read carefully the precautions for use indicated in the product instructions).



Recommendations :

Always follow the recommendations of your specialist

- ▲ Never use products intended for soft lenses.
- ▲ Before using the bottle for the first time, check that the safety ring is not damaged.
- ▲ Comply with the period of use of the bottle after opening and the "use before" date indicated.
- ▲ Change the solution in the contact lens case every day.
- ▲ If you do not wear your lenses for several days, keep them in a well sealed case filled with **MeniCare Plus** solution, to be changed at least once a month.
- ▲ The case is a major source of contamination: always keep your case very clean and replace it regularly at least every 3 months.
- ▲ Never use tap water or saliva to rinse or soak your lenses, as microbial contamination can occur, which may lead to permanent eye damage.
- ▲ Menicon lens case (Menicase) can be used to store lens diameter from 7.90 to 11.50 mm (open carefully the lens holder when inserting and removing the lens).

Precautions

1. Keep your lenses in the case filled with Menicare Plus solution. Never keep them dry. (In case of accidental drying, leave them to soak for at least one hour in the soaking solution).
2. Use only the recommended soaking solutions. Consult your eye care practitioner before changing solution.
3. Avoid contact of cosmetics, hair sprays, perfumes or medicines with your lenses.
4. Comply with the periods of wear recommended by your specialist.
5. Take out your lenses before any strenuous sporting activity or water sports.

6. Close your eyes when applying hair spray.
7. Always apply make-up after fitting the lenses and remove make-up after removing them.
8. Do not wear your lenses in case of treatment with an ophthalmic solution without first consulting your eye specialist.
9. Undergo the recommended regular follow up visits.
10. Consult your specialist for replacement of your lenses.
11. Caution: In case of accidental splashing with PROGENT, immediately rinse thoroughly under running water and consult your eye specialist.

Caution

If the following symptoms appear:

- ▲ Red or irritated eyes, feeling of discomfort, burning, pain or presence of foreign bodies, change of vision, increased sensitivity to light or halos, weeping or abundant secretions, feeling of dryness...
- Immediately take out your lenses and consult your eye specialist.

Wearing schedule

Comply with the recommendations of your eye care specialist

For daily wear

- ▲ During the adaptation period, respect the wearing schedule.

Only your eye care specialist can decide if you are eligible,

for continuous wear.

- ▲ A control is advised after the first night of extended wear (with the lenses on your eyes). Your specialist will then give you the go-ahead to wear your lenses continuously and will determine himself the frequency of removal (maximum period 30 days for Menicon Z, Menicon Z- α , and Menifocal Z lenses.

To be filled out by contact lens specialist

Product name & parameters	Wearing modality
R Menicon Lot :	<input type="checkbox"/> Daily wear
L Menicon Lot :	<input type="checkbox"/> Continuous wear
Material Z <input type="checkbox"/> Material EX <input type="checkbox"/>	
Next check up :	

Contact lens specialist address :

ME00712063

For all information : www.menicon.com



European representative
Menicon Holdings Europe - F92583 Clichy Cedex Phone :
+33 1 41 40 19 19

Manufacturer : **CE 0483**
Menicon Co., Ltd. Nagoya Japan

Manufacturer : **CE 0336**
NKL Contactlenzen. Emmen, The Netherlands

Distributor :
Menicon Co., Ltd. and NKL : Menicon Europe F 92583 Clichy Cedex

INSTRUCTIONS FOR USE FOR RIGID GAS PERMEABLE (RGP) CONTACT LENS WEARERS

