



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

Introduction

You wear **Menicon soft MA**, **Menicon soft 72**

or **Menicon soft 72 Toric** soft hydrophilic contact lenses.

▲ **Menicon soft MA**, contact lenses contain 38% water content.

They are especially easy to handle and live with.

▲ **Menicon soft 72** and **Menicon soft 72 Toric** contact lenses have a 72 % water content.

This high water content guarantees both excellent comfort and allows more oxygen to reach your cornea.

The geometry chosen respects corneal metabolism and optimises wearing comfort.

Packaging : these lenses are distributed as sterile lenses in saline solution.

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 soft hydrophilic contact lenses are used for daily wear to correct myopia, hypermetropia and / or astigmatism and aphakia.

The contact lenses should be cleaned every day and should be removed for sleeping.

Frequency of replacement

Menicon recommends to replace at least every year your soft contact lenses.

Contraindications

Menicon soft hydrophilic contact lenses are not recommended in the following cases :

- ▲ Inflammation or infection of the anterior chamber of the eye
- ▲ Disease, lesions or problems affecting the cornea, the conjunctive membrane or eyelids
- ▲ Corneal hypoesthesia (reduced corneal sensitivity)
- ▲ Systemic disease that affects the eye or is aggravated by contact lens wear
- ▲ Allergic ocular reactions caused by contact lens wear or by the use of care products
- ▲ Corneal infection (of bacterial, viral or fungal origin)
- ▲ Red or irritated eye
- ▲ Incomplete healing after eye surgery

Before and after use

- ▲ Before handling your contact lenses, wash your hands carefully and dry them with a towel that is not fluffy.
- ▲ Prepare the case, the bottle(s) of solution and a mirror
- ▲ Handle your contact lenses carefully avoiding contact with your nails
- ▲ Always handle one contact lens at a time and always begin with the same eye (right or left)
- ▲ Put the plug in the washbasin

Inserting

- 1 Carefully rinse the right contact lens after removing it from the case.



- 2 Place the right contact lens on the index finger of your right hand.

- 3 Lift your upper eyelid with the middle finger of your left hand and lower the bottom eyelid with the middle finger of your right hand

Place the contact lens on the lower part of the eye while looking up and press gently.



- 4 Next just look down and the lens will centre itself.

(Always use the pads of your fingers, never your nails).

Put the left lens in in the same way.



To check your contact lenses are in place and have not turned (feeling of discomfort when putting them in) :

When you look at the inside of the contact lens, you should be able to read the indicator (figure).

Removal

- 1 Ensure that your contact lens is properly centred on the eye
- 2 After having lowered the lower eyelid, put your index finger on the contact lens and slide it down to the white part of the eye, which is less sensitive
- 3 Then gently pinch the contact lens between the thumb and index finger in such a way as to free it: it will lift out easily.
- 4 Follow the care procedures (Always use the pads of your fingers, never your nails).



Maintenance

Carefully follow the advice of your specialist :

- ▲ For daily care, you may use MeniCare Soft multipurpose solution (please read carefully the instructions for use before), or any other soft lens care system recommended by your eye care specialist.
- ▲ In addition, use enzyme tablets weekly to remove protein deposits.
- ▲ Never use products for rigid contact lenses.
- ▲ Respect the period for use after solutions have been opened and the expiry dates shown
- ▲ Change the solution in the case every day.
- ▲ If you do not wear your contact lenses for several days, keep them in a well sealed case filled with solution.
- ▲ The lens 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 for keeping or rinsing your contact lenses.

Precautions

1. Keep your contact lenses in their case filled with solution. Never keep them dry. If they dry accidentally, leave them to soak for at least an hour in the solution to re-hydrate them.
2. Only use recommended care solutions. Any other solution may damage your contact lenses.
3. Avoid your contact lenses coming into contact with cosmetics, hair spray, perfume or drugs.
4. Keep to the wearing times recommended by your specialist.
5. Do not keep your contact lenses in when sleeping or during swimming.
6. Close your eyes when using hair spray.
7. Always apply your makeup on after you have put your contact lenses in and remove your makeup after you have removed them.
8. Never wear your contact lenses if you are being treated with eye drops and consult to your eye specialist first.
9. Never let your contact lenses come into contact with coloured liquids.
10. Have regular check-ups.
11. Replace your contact lenses every year.

Caution

If the following symptoms appear :

- ▲ Redness or irritation of the eye
- ▲ Sensation of discomfort, burning, pain or a foreign body
- ▲ Change in vision
- ▲ Increased sensitivity to light or appearing halos
- ▲ Abundant tears or secretions
- ▲ Feeling of dryness...

➔ **Remove your contact lenses immediately and consult your eye care specialist.**

Wearing times

Follow the advice of your specialist

- ▲ contact lenses for six hours a day and then increase the time by two hours a day.
 - ▲ Do not exceed twelve hours without a check up from your specialist.
- Subsequently, depending on the advice given, they may be worn for about fifteen hours.
- ▲ Never sleep with your soft contact lenses.
 - ▲ If you forget to remove your contact lenses before sleeping, do not remove them immediately but re-hydrate them first with some drops of sterile physiological serum solution.

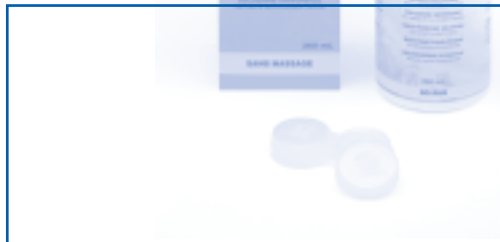
To be filled out by contact lens specialist

Product name & parameters

R Menicon
Lot :
L Menicon
Lot :

Next check up :

Contact lens specialist address :



For all information : www.menicon.com

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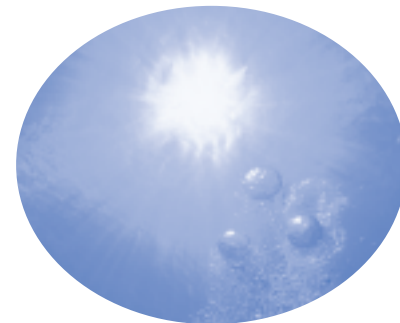
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CE 0483

SOFT HYDROPHILIC CONTACT LENSES

CONTACT LENSES INSTRUCTIONS FOR USE



 Menicon