

## LENS CARE

When removing your Menicon Z Night lenses in the morning, Menicon recommends cleaning, rinsing and disinfecting them using **MeniCare Plus** multi-purpose solution.



Once a week, an in-depth clean using **Menicon Progent** will ensure optimum lens comfort and durability (please read the precautions on the product notice).



### PRECAUTIONS:

- Clean and dry your hands prior to careful handling of your Menicon Z Night lenses.
- Do not use tap water for your lenses.
- Remove make-up before putting your lenses in at night.
- **Do not change solution unless you have previously discussed it with your eye specialist.**
- At night, empty your case, rinse it out with the MeniCare Plus solution and leave it out to dry. Change it at least every three months.
- Should you experience red eyes, discomfort or irritation during the night, remove your lenses immediately and contact your eye specialist in the morning.



For your eye safety, follow your specialist's recommendations carefully.



## TRIALS

### FIRST VISIT:

Your specialist analyses your corneal topography to determine your lens parameters.

### SECOND VISIT:

Menicon Z Night lenses fitting.

### CHECK-UP AFTER THE FIRST NIGHT:

After wearing your lenses for the first night, you must have a check-up first thing the next morning, with your lenses in. Once your Eye Care specialist has assessed lens movement and centring, you remove them for an assessment of corneal changes using a corneal topography. Stable visual acuity throughout the day is generally achieved within a week, although this time frame may vary from one wearer to the next, especially given the extent of their myopia.

### CHECK-UP AFTER THE FIRST WEEK, THEN 3 WEEKS:

The check-up after a week's use is carried out without your lenses, in the morning. Then after around three weeks, another check-up is carried out in late afternoon. Even if the corneal topography after the first night and first week show a positive outcome, the topography after three weeks is what counts when assessing the adaptation.

### CHECK-UP AFTER 2, 6 AND 12 MONTHS:

It is important to have check-ups (without your lenses) at 2, 6 and 12 months, and then at 6-month intervals to check on the corneal tolerance of your lenses.

## RENEWALS

### RENEWING YOUR LENSES:

- Renew your Menicon Z Night lenses once a year.

Eye Care practitioner contact details

CE 0344 NKL Contactlinsen, Emmen, The Netherlands

[www.menicon.com](http://www.menicon.com)

# Menicon Z Night



Correct your myopia while you sleep and enjoy clear vision throughout the day without glasses or lenses.

USER GUIDE



 Menicon

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# UNDERLYING PRINCIPLE

## Worn at night, Menicon Z Night lenses reshape your cornea as you sleep.

Their geometry has been engineered to flatten the central part of your cornea in order to gradually yet reversibly correct your myopia and/or astigmatism.

You remove the lenses every morning when you wake up.

Wearing lenses **by night** frees you from wearing them, or indeed any other corrective glasses or lenses **by day**.

The effect is reversible when you stop wearing the lenses.



## WHO CAN BENEFIT ?

Those who suffer from **myopia** (less than 4 dioptres) and/or **astigmatism** (up to 2.5 dioptres) who do not wish to wear glasses or lenses during the day.

## ADVANTAGES

Corneal reshaping is a totally reversible solution, unlike refractive surgery.

- Freedom and quality of vision throughout the day without lenses or glasses
- No allergies, no sensation of dryness, no dust
- Maximum oxygenation by night thanks to the ultra-permeability of the Z material.
- Different coloured lenses to distinguish left from right.

This user guide describes the conditions for wearing Menicon Z Night lenses. It is important to follow these recommendations very carefully for the sake of your visual health.

Each Menicon Z Night lens is stored in a Polyhexamethylene Biguanide aqueatic solution. Once you have opened the original case, the solution inside must be disposed of and the lenses must be rinsed with aqueous MeniCare Plus solution before being inserted.

They are manufactured from **ultra-permeable Z material** that lets your eyes breathe.

## INSERTING IN THE EVENING

Insert your lenses in the evening, when getting ready for bed. Always start with the same one.

(Right R: pink, Left L: blue):

- Rinse the right lens with the MeniCare Plus solution and place it on the tip of your right index finger.
- Using your left index finger, lift your upper eyelid. With your right middle finger, lower the lower eyelid and place the lens on the cornea with your right index finger.
- Gently release the lower then the upper eyelid.
- Repeat for the left lens.



## HANDY TIPS

- Most wearers attain good vision without day lenses or glasses after wearing Menicon Z Night lenses for two or three nights. Best results are attained after a week.
- It is important to wear the lenses every night (for at least 6 hours).
- Visual acuity may vary from one day to the next and may vary from one eye to the other.
- If your visual acuity is impaired before the end of the day, consult your eye specialist.
- Check your vision before driving in the evening.
- It is important to keep your Menicon Z Night lenses with you at all times, in order to wear them should your visual acuity no longer prove sufficient.

## REMOVING IN THE MORNING

In the morning, remove your lenses 5 to 15 minutes after waking up.

- In the morning, check that your lenses are mobile before removing them. A few drops of moisturising solution may help with removal. Wait for 5 to 15 minutes before removing them.

- **1<sup>st</sup> method:** Tilt your head forward; place your right index finger on your lower eyelid, level with your eyelashes and your left index finger on your upper eyelid level with your eyelashes. Open your eyes wide and bring your fingers together, applying slight pressure, to free the lens from your eye.



- **2<sup>nd</sup> method:** Tilt your head forward, open your eyes wide, looking straight ahead and pull hard on the outer edge of your eyelids, catching the lens in the palm of your other hand.



- If necessary, you may use a suction extractor.

### If your lenses don't move:

Put a few drops of wetting solution in your eye before removing the lenses and check whether they move. If not:

- Put a few more drops of the moisturising solution in
- Look up, place your finger on the lower edge of the lens and press on your lower eyelid three times.
- Look down, place your finger just above the upper edge of the lens and press on your upper eyelid three times.
- Look straight ahead and blink three times.
- Repeat until the lens moves.
- Wait for the lens to move before removing it.
- In case of doubt, consult your Eye Care practitioner.