

RECOMMENDATIONS FOR USE

- These night lenses are intended to be worn with your eyes closed: insert them just before going to sleep to avoid wearing them for any activity (reading, watching television, looking at other screens, etc.) before going to bed.
- A regular sleep cycle and a minimum of 6 hours is necessary for effective treatment.
- Do not wear your night lenses during the day.
- Always keep your lenses with you in a case. If you experience poor vision in the evening, you could wear them in exceptional cases.
- Before driving at night, ensure the absence of any halos possibly encountered at the beginning of treatment.
- It is essential that you attend the scheduled appointments with your practitioner.
- If you stop wearing the lenses for a week or more, carry out a complete maintenance cycle before putting your lenses back in. If you experience visual or ocular discomfort, make an appointment with your specialist.
- Do not take any medications for eyes (eye drops or other ophthalmological products) without consulting your specialist.
- Do not clean your lenses or case with tap water.
- Do not use your saliva or any other household product to look after your lenses: only use the products recommended by your specialist.
- Do not change brand of your maintenance product without consulting your specialist.
- Do not allow your lenses to come into contact with lacquer or any other aerosol cosmetic product.
- Do not wear your lenses while taking a bath or shower.
- Do not wear your lenses if exposed to dangerous fumes or irritants.
- Pregnancy and some medications can cause tearing; talk to your specialist.
- Wearing lenses is not recommended when you are suffering from an eye disorder and in very dry atmospheres (airplane).
- If you suffer from any of the following symptoms: irritated eye, redness, sensation of discomfort or watering eyes, take the lens out and clean it. If discomfort persists, contact your specialist.



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Information and Advice on wearing lenses during the night

ORTHO K night lenses
correction through corneal reshaping



EXPERT EN CONTRÔLE DE LA MYOPIE

Precilens



LA LIBERTÉ RETROUVÉE

Precilens

Information on wearing DRL and PREVENTION night lenses

INDICATIONS & PRINCIPLE

Orthokeratology lenses are corneal lenses to be worn during the night to correct myopia, hyperopia, astigmatism and presbyopia on regular corneas.

In all patients, night lenses correct the visual defect during the night thus enabling flawless vision throughout the day. In children and young people (under 20 years old), they can also be fitted to slow down the progression of myopia.

Reshaping occurs gradually throughout the night. For an effective treatment, it is recommended to sleep with your lenses in for at least 6 hours.

A satisfactory result can be achieved in 10 days for myopic patients, and in up to 15 days for hyperopic patients.

As this technique is reversible, it is necessary to wear your lenses every night to maintain the same quality of vision every day. If you stop wearing your lenses, the cornea returns to its original shape and after a few days the visual defect returns.

PACKAGING

The lenses are packaged in a mailer containing a decontaminant solution. It is fitted with a tamper-proof system until first opening. If the packaging is damaged, do not use the lens.

RENEWAL

For the safety and efficiency of treatment, it is essential to renew your lenses every year in order to avoid an alteration of their material or geometry.

⚠ Lack of hygiene as well as non-observance of the maintenance and handling instructions and the recommendations for use can lead to serious complications.

If the night lenses are for children, it is essential that parents can ensure the highest level of hygiene as well as strict and rigorous observance of the instructions for safe use.

If parents cannot ensure this, these lenses are not recommended for the child.

If parents cannot ensure this for a temporary period (school trips, holidays etc. during which insertion, removal and maintenance of the lenses will no longer be under their control), it is advisable that the child stops wearing the lenses during the period concerned, in consultation with your practitioner.

INSTRUCTIONS FOR MAINTENANCE, INSERTION AND REMOVAL OF LENSES

To avoid any contamination, always wash and dry your hands thoroughly before putting your lenses in or taking them out.

- **In the evening**, fill the lens with preservative-free Aquadrop+ comfort drops or artificial tears before inserting them.

A distinct tint allows you to differentiate the right lens from the left lens:

- Purple right lens / blue left lens for DRL and PREVENTION lenses

- **In the morning**, instil a few preservative-free Aquadrop+ comfort drops or artificial tears into the eye 15 to 20 minutes before removing the lenses.

- **Once the lenses have been removed**, leave them to soak for at least 6 hours in a peroxide system: decontamination is essential to eliminate bacteria and ensure safe use.

- Once a week the lenses must be deproteinised with Procare deproteinisation tablets.

The recommended maintenance products (preservative-free comfort drops or artificial tears for insertion and removal - peroxide system for decontamination - deproteinisation tablets) **are the only ones suitable for Precilens night lenses.** The use of other products can be a source of complications.

The cleanliness of the case in which you keep your lenses must also be faultless: it must be regularly cleaned according to the indications of the maintenance products used for the lenses and changed with each new bottle.

Night lenses must be handled specifically and differently from other lenses: your specialist will give you full and precise instructions on the maintenance, insertion and removal of your lenses.

Before inserting and removing your night lenses for the first time, it is recommended that you watch the **insertion, removal and maintenance videos** on www.contactlensatnight.com

