

# Application, Removal and Care of Your Paragon CRT® Contact Lenses

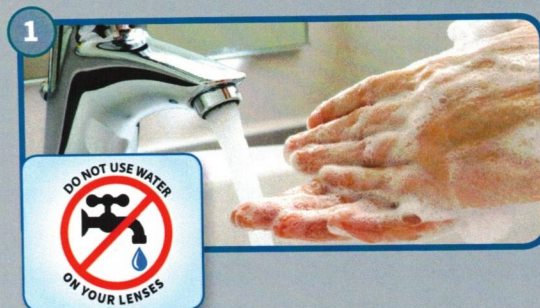
## Handling Your Lenses

It is essential that you use good hygienic methods in the care and handling of your lenses. Your hands should be clean and free of any foreign substance when handling your lenses.

1. Always wash hands thoroughly with a mild soap. Rinse completely and dry with a lint-free towel before handling your lenses ①.
2. Avoid the use of soaps containing cold cream, lotion or oil.

Handle with your fingertips and avoid contact with your fingernails. Do not use tweezers. To avoid serious eye complications,

do NOT use water on your lenses.\*



## Applying The Lens

Place a clean, white towel on a flat surface for application of your lenses. Never apply lenses while working over a sink. Begin the application process with the right eye.

1. Wet your right index finger with a drop of conditioning solution and place the contact lens front side down on your right index finger ②.
2. Place the second finger of the left hand in the middle of the upper lid and press firmly upward ③.
3. Place the second finger of the right hand on the lower lid and press downward ④.
4. Stare into a mirror as though looking through the finger holding the contact lens ⑤.
5. Slowly move the forefinger with the contact lens towards the cornea until the lens touches the cornea. Then slowly release the lids.
6. Repeat the application procedure for the left eye.



## Removing The Lens

Always remove the same lens first. Place a clean, white towel on a flat surface for the removal of your lenses. Never remove lenses while working over a sink. Begin the removal process with the right eye.

1. Place the right index finger at the outer corner of the eye ⑥.
2. Place the left hand cupped below the eye ⑦.
3. Open the eyes wide, as if to stare.
4. Continue to keep the eyes open and pull the lids sideways, away from the nose ⑧.
5. Blink quickly and firmly.
6. Repeat lens removal procedure for the left eye.

**OPTIONAL METHOD:** If you choose to use the supplied DMV lens remover device, compress the handle of the DMV lens remover between your thumb and index finger while looking straight ahead ⑨.

Carefully center DMV on contact lens. When the contact has been seated on the lens, release the compression pressure and gently tip the DMV remover downward. Squeeze the stem of the DMV remover to release the suction and slide the lens from the DMV remover between your thumb and forefinger. Repeat the procedure with the left eye.

Note: Your eye care practitioner can provide you with alternate lens removal methods, if necessary.





## Lens Wearing Precautions

1. Regular follow-up visits are necessary to ensure the continuing health of your eyes. Follow your eye care practitioner's recommended schedule.
2. Never wear your contact lenses beyond the period recommended by your eye care practitioner.
3. Always contact your eye care practitioner before using any medicine in your eyes, which was not prescribed by your eye care practitioner.
4. If aerosol products such as sprays are used while wearing lenses, keep eyes closed until the spray has settled.

If the lens gets displaced onto the white part of the eye, recenter the lens on the cornea by following these steps:

1. Locate the lens by pulling away the lids.
2. After the lens is located, gently press on the lid over the lens while looking away from the direction of the lens.
3. Next, look back towards the lens.
4. If the lens adheres (stops moving) or cannot be easily removed, apply 2 drops of the recommended lubricating or rewetting solution directly onto the eye. When the lens begins to move freely, attempt routine removal. If adherence of the lens continues after 30 minutes, consult your eye care practitioner.

## Caring For Your Lenses

For continued safe and comfortable wearing of your lenses, it is important that the lenses are cleaned and rinsed with recommended solutions – NEVER water! Then disinfect the lenses after each removal using the care regimen recommended by your eye care practitioner.

Cleaning and rinsing the lenses is necessary to remove mucus, secretions, films, or deposits, which may have accumulated during lens wear.

The ideal time to clean, rinse and disinfect the lenses is immediately after wearing them. Disinfecting is necessary to destroy harmful germs.

Adhere to the eye care practitioner's recommended care regimen. Failure to follow the regimen may result in development of serious ocular complications.

When lenses are first received, the eye care practitioner will provide a recommended cleaning and disinfection regimen and instructions and warnings for lens care, handling, cleaning, and disinfection. Follow your eye care practitioner's instructions regarding appropriate and adequate procedures and products for use.

- For safe contact lens wear understand, follow and practice your lens care routine.
- Always wash, rinse, and dry hands before handling contact lenses.
- Always use fresh, unexpired lens care products – NEVER water.
- Use the recommended system of lens care. Different lens care products cannot always be used together and not all solutions are safe for use with all lenses. Do not alternate or mix lens care systems unless directed by your eye care practitioner.
- Always remove, clean, rinse, enzyme and disinfect your lenses according to the schedule prescribed by your eye care practitioner. The use of an enzyme or any cleaning solution does not substitute for disinfection.
- **To avoid serious eye complications, Do NOT use tap water or saliva\*. Always use the recommended lens care products for lubricating or rewetting your lenses. Never put your lenses in your mouth.**

Your eye care practitioner will recommend their preferred, FDA approved lens care products for the cleaning, disinfection, storage and lubrication of your Paragon CRT® Contact Lenses and Paragon CRT® 100 Contact Lenses.

Follow the instructions provided with each lens care product. Failure to adhere to these procedures may result in the development of serious ocular complications.

**Do not switch from one care system to another unless it has been recommended by the eye care practitioner.**

- To store lenses, disinfect and leave them in the closed case until ready to wear. Always keep your lenses completely immersed in a recommended disinfecting/conditioning solution when the lenses are not being worn. If you discontinue wearing your lenses, but plan to begin wearing them again later, ask your eye care practitioner for a recommendation on how to store your lenses.

**Note:** Paragon CRT® Contact Lenses and Paragon CRT® 100 Contact Lenses for Corneal Refractive Therapy cannot be heat (thermally) disinfected.

Contact lens cases can be a source of bacteria growth <sup>10</sup>. After removing your lenses from the lens case, empty and rinse the lens storage case with product(s) recommended by your practitioner; then allow the lens case to air dry. When the case is used again, refill it with fresh disinfecting product. Lens cases should be replaced at regular intervals as recommended by the eye care practitioner.



Lens Care Instructional Videos:  
[ParagonVision.com/no-water](http://ParagonVision.com/no-water)  
[ParagonVision.com](http://ParagonVision.com)

**PARAGON**  
VISION SCIENCES

ZQL100023E 8/18