



EyeDream

Wear and Care Guide

Introduction

Welcome to a new world of visual freedom! By choosing EyeDream contact lenses to correct your vision you are about to rediscover the convenience and comfort of clear vision without the need to wear spectacles or contact lenses during the day.

The 'natural vision' effect of EyeDream is created by wearing specially designed contact lenses during the night whilst you are asleep. The lenses gently reshape the corneas allowing you to see clearly during the day when the lenses are removed.

To be a successful EyeDream wearer and to achieve the best possible level of unaided vision it is important that you read all of the advice in this booklet and pay particular attention to the specific advice given by your contact lens practitioner.

Additionally you will need to attend frequent check-ups in the first crucial days and weeks of wearing EyeDream lenses and it is essential that you do attend ALL of these after-care examinations. This will ensure that your progress is correctly monitored and any small alterations can be made in order to ensure the best possible visual result. In return you will have clear vision throughout the day without the hassle of spectacles and contact lenses!

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Introducing Gas Permeable Contact Lenses

What are they?

As the name suggests gas permeable lenses allow high levels of oxygen to permeate through to the delicate tissues of the cornea – where your contact lens sits at the front of the eye – enabling your eyes to breathe.

Gas permeable lenses are universally recognised as the healthiest form of contact lens wear.

Lens handling

You should always wash your hands before handling any type of contact lens. You should also ensure that fingernails are kept short and clean.

Insertion

Before inserting lenses, remove a lens from its storage case, rinse off any excess solution and place a small drop of wetting solution on the inside surface of the lens.

1. Place the lens on the tip of your middle finger of your dominant hand.
2. Look down and hold the upper lid firmly open with the first finger of the other hand.
3. Look straight ahead and hold the lower lid down with the third finger of the dominant hand.
4. Look straight ahead into a mirror and place the lens gently onto the centre of the cornea (coloured area of the eye).
5. Release lids and gently blink.

Removal

Prior to removing your lenses in the morning it is important to ensure that they are mobile (moving

with blinking). If they are not moving a few drops of a lubricating solution can be instilled; this combined with some deliberate forced blinking should start the lenses moving.

If a lens is still not moving then move your bottom lid gently against the lens and apply a small amount of pressure to break the surface tension. Once the surface tension has been broken the lens should move after a few blinks. Once mobile the lens can safely be removed.

There are two methods of removal. You may wish to try both methods and see which one you feel most comfortable with.

A: One-handed ('Blink') method

Adopt a wide stare so that the lids are opened sufficiently to clear the edges of the lens. Place the first finger of the dominant hand at the outer corner of the eyelids where the two lids meet. Pull the lids gently but firmly towards the temple and blink. The lens should "pop" out either onto your lashes or onto a clean towel on a table in front of you. When you are proficient at removal you can attempt to catch the lens as it is ejected from the eye.

B: Two-handed ("Tiddly Wink") method

Place the first finger of the dominant hand at the very edge of the top lid margin and the opposite first finger directly below this on the lower lid, pressing gently on the lower lid. Push gently in towards the eye with the upper lid and move the upper lid towards the lower lid. The lens should be ejected onto the lashes so you can gently remove the lens with the thumb and first finger. On removal of the lenses, rub with a drop of cleaning solution and rinse in saline. Fill the lens soaking case with fresh soaking solution and place the lenses inside.

Remember – insertion and removal takes practice and patience. Don't panic if the lenses do not come out at the first attempt, go away and have a break then come back and have another go.

Finding and re-centring a decentred lens

Occasionally, the lens may end up on the white of the eye, usually as a result of imperfect insertion or removal. It is quite simple to re-centre the lens, even if you cannot see it (because it is up under the top lid for example). To centre a lens use one of the following procedures:

Close your eyelids and gently massage the lens into place through the closed lids.

OR

Gently push the off-centred lens onto the cornea (coloured area) while the eyelid is open, using finger pressure on the upper and lower lid next to the edge of the lens.

NB Do NOT touch the lens directly with your finger in order to centre it as this may cause an abrasion on the surface of the eye.

Looking After Your Lenses

Cleaning and soaking your lenses every day is essential to maintaining comfort, vision and reducing the risk of problems, such as infection.

Cleaning

It is important to clean your lenses on a daily basis and this can be carried out with either a dedicated cleaning solution or an all-in-one solution. Your contact lens practitioner will advise which solution is most appropriate for your lens type.

Cleaning involves 'rubbing & rinsing' the lenses and for exact details on the cleaning process, please refer to the instructions supplied by your solutions manufacturer.

Disinfecting

It is equally important to disinfect your lenses with fresh solution every day. This process normally occurs whilst your lenses are left in soak during the day.

Case hygiene

An often overlooked aspect of contact lens care is keeping the lens storage case clean and safe.

Lens cases can quickly become contaminated with micro-organisms and consequently be a source of bacterial growth, increasing the risk of infection. Therefore it is important to leave the storage case open when you have emptied it so it can air-dry after each use.

Never rinse your lens case in tap water as this actually introduces harmful organisms to the case!

Finally the most hygienic case is a new one and so regular replacement, at intervals recommended by your contact lens practitioner is essential.

Enhancing Lens Performance

Weekly cleaner

Due to the complex design of the lenses they are sometimes prone to a build-up of deposits. For this reason your practitioner may recommend using a weekly cleaning system.

Regular lens replacement

Contact lens research is regularly reporting that the performance of gas permeable lenses is improved by more frequent replacement. By replacing lenses more often, the wearer benefits from lenses with that 'new' feeling for longer because deposits and scratches never build up to a problematic level which can reduce comfort or vision.

Experience with EyeDream shows us that the day time vision deteriorates after a lens is more than 6 months old. This is why the EyeDream EyeCare system provides new lenses every 6 months.

The EyeDream EyeCare programme provides the following benefits:

Practice dependent

- Inclusive aftercare every 6 months (or as often as needed)
- 2 replacements for lost or broken lenses each year
- Inclusive of prescription updates
- Inclusive solution option
- Convenience of regular payment by direct debit

Regular aftercare

It is vital that you have regular check-ups on your contact lenses. Your comfort, eye health and long-term success with EyeDream could be compromised if you do not attend for regular aftercare. Your contact lens practitioner will advise you how frequently you will need to attend aftercare appointments, particularly during the first crucial year and you should anticipate at least one or two appointments a year after that.

Additional Information

Getting used to your lenses

One of the many benefits of night time wear of EyeDream is that they can be worn all night from

the day that they are fitted. Unlike conventional lenses, there is no 'wearing in' period and the effects on your vision are rapid. By the end of the first week you should be experiencing clear unaided vision all day.

However, in the first few days the effect will wear off more rapidly, leaving your vision blurred towards the end of the day. Your existing spectacles or contact lenses will be too strong to correct this blurring and your practitioner may suggest that you re-insert the EyeDream lenses or that you use disposable soft contact lenses if your vision becomes unclear. There should be little or no need for this action after the first two weeks of wearing EyeDream lenses.

You may find the lenses uncomfortable when your eyes are open. This should be much better when you close your eyes, you may be aware of the lenses at first but you will find even this goes away.

IMPORTANT: In order to maintain the full visual benefit of the EyeDream effect, you MUST wear the lenses every night.

What to expect from EyeDream

Each individual responds differently to EyeDream and the effect can vary between each eye. It is therefore normal to find that your vision with each eye is different.

You may experience some glare from lights, particularly at night, which is more common in the early stages of treatment. This is normal and should not be a problem; however you should ensure that you are comfortable and confident with your vision before driving. Inserting your EyeDream lenses will usually counteract any problems relating to glare.

You may also experience some fluctuation in your vision during the day. This is normal and the possibility of this occurring is usually greater in the early stages of treatment.

If you are not happy with the level of vision you are achieving then the EyeDream lenses can always be inserted.

If you experience any redness, pain or discharge from the eyes then you should remove the lenses. If these symptoms persist after removal of the lenses then you should contact your contact lens practitioner immediately.

IMPORTANT: To counteract any fluctuations in vision you should remember to carry your EyeDream lenses with you at all times.

Do's & Don'ts

Do ALWAYS wash your hands prior to inserting AND removing your lenses.

Don't worry about lenses getting lost in the eye. The furthest they will travel is under the eye lids and this is harmless.

Do ALWAYS follow the advice of your contact lens practitioner.

Don't drive if you are unhappy with your vision.

Do always soak your lenses in the recommended solution when not being worn.

Don't dilute, re-use or top up the solution in your lens storage case.

Do keep your lens case clean, allow the case to 'air-dry' with its caps off during the night and replace it at least twice a year or as directed by your contact lens practitioner.

Don't rinse your case in tap water as this can lead to bacterial contamination.

Do remove your lenses immediately if any reaction occurs such as redness, discomfort, or watering

of the eyes (outside of the initial adaptation period) and consult your contact lens practitioner immediately.

Don't wear eye make-up on the inner edge of your eyelids.

Don't apply eye drops or medication without first consulting your contact lens practitioner.

Don't allow hairspray or other cosmetics to come into contact with your lenses.

But most of all, Do enjoy the freedom that EyeDream allows!

