

PACKAGE INSERT
Issued January 1998

Ideal Optics, Inc.
2255 Cumberland Pkwy., Bldg. 500
Atlanta, GA 30339

Ideal Soft®
Polymacon Hydrophilic Contact Lenses

For Daily Use in Vision Correction
Spherical - For nearsightedness (myopia), farsightedness (hyperopia), and after cataract surgery (aphakia).

DESCRIPTION

The Ideal Soft Polymacon Hydrophilic contact lens is a hemispherical shell which covers the cornea and a portion of the sclera. The lens material, polymacon, is a hydrophilic copolymer. Fully hydrated in normal saline solution, it consists of 62% polymacon and 38% water (by weight). In its hydrated state, the material has a refractive index of 1.43 and an estimated visible light transmittance of 96%.

ACTIONS

The Ideal Soft polymacon hydrophilic contact lens, in its hydrated state, is soft and pliable. When placed on the cornea, it acts as a refracting medium to focus light rays on the retina.

INDICATIONS

The Ideal Soft polymacon hydrophilic contact lenses are indicated for daily wear for the correction of visual acuity in persons with non-diseased eyes that are aphakic or not-aphakic and have myopia, hyperopia, presbyopia and/or refractive astigmatism of 1.50 diopters or less.

CONTRAINDICATIONS

DO NOT USE the Ideal Soft contact lens when any of the following conditions exist:

1. Acute or subacute inflammations of the anterior segment of the eye.
2. Any disease affecting the cornea or conjunctiva.
3. Insufficiency of lachrymal secretion.
4. Any active corneal infection.
5. Corneal hypoesthesia
6. Any systemic disease which may affect the eye or be exaggerated by wearing contact lenses.
7. Allergy to any ingredient, such as mercury or Thimersol, in a solution which must be used to care for the Ideal Soft PS lens.

WARNINGS

SERIOUS DAMAGE TO THE EYE AND LOSS OF VISION MAY RESULT FROM PROBLEMS WITH CONTACT LENSES AND LENS CARE SOLUTIONS. IMMEDIATELY CONSULT YOUR EYE CARE PRACTITIONER TO IDENTIFY THE CAUSE OF ANY UNEXPLAINED EYE DISCOMFORT, WATERING, VISION CHANGE, OR REDNESS OF THE EYE AND TO BEGIN ANY NECESSARY TREATMENT.

PRECAUTIONS

Follow the instructions below to prevent damage to your eye(s) or to your lens(es):

- Be fitted after cataract surgery only when the eye surgeon says your eye is healed completely.
- Before you leave your eye care practitioner's office, be able to promptly remove your lens, or have someone else be able to remove your lens for you.
- Always follow the recommended lens care system for your Ideal Soft PS contact lenses. Use only the recommended lens care solutions and carefully follow recommended directions.
- NEVER USE CONVENTIONAL HARD CONTACT LENS SOLUTIONS.
- Always use FRESH rinsing and storage solutions.
- Do not mix or alternate heat (thermal) and chemical (not heat) lens care systems.
- Never use a chemical disinfection solution with heat.
- Do not use saliva or anything other than the approved solutions to wet your lenses.

- Always keep the lenses completely immersed in the recommended storage solution when the lenses are not being worn. Follow the lens care directions under "Care for a Dried-Out Lens" if your lens surface becomes dry (dehydrated).
- If your lens sticks (stops moving) on the eye, follow the recommended directions on "Care for a Sticking Lens." The lens must move freely on the eye for the continued health of the eye. If nonmovement of the lens continues, immediately contact your eye care practitioner.
- Always wash and rinse your hands before you handle your lenses. Eye irritation may result if cosmetics, lotions, soaps, creams and deodorants come in contact with your lenses and if the lenses are contaminated by infectious or noninfectious dirt.
- Avoid using aerosol products such as hair spray while wearing your lenses. If sprays are used, keep your eyes closed until the spray has settled.
- Fluorescein, a yellow dye, should not be used while the lenses are on your eyes. The lenses absorb this dye and become discolored. Whenever your eye care practitioner does use fluorescein in your eyes, your eyes should be flushed with a sterile normal saline solution; and you should wait at least one hour before replacing the lenses.

DO NOT WEAR IDEAL SOFT CONTACT LENSES WHILE SLEEPING

- Avoid all harmful or irritating vapors while wearing your lenses.
- Do not swim with your lenses in place
- Never use tweezers or other tools to remove your lens from the lens container. Pour the lens into your hand.
- Do not touch the lens with your fingernails.
- Always consult your health care practitioner that you wear contact lenses.
- Always inform your health care practitioner before using any medicine in your eyes.
- Always inform your employer that you wear contact lenses. Some jobs may require use of eye protection equipment or may require that you not wear contact lenses.
- As with any contact lenses, follow-up visits are necessary to assure health. Check with your lens care practitioner.

ADVERSE EFFECTS (PROBLEMS AND WHAT TO DO)

The following problems may occur:

- eyes sting, or itch (irritation)
- comfort is less than when lens was first placed on eye
- feeling of something in the eye (foreign body, scratched area)
- excessive watering (tearing) of the eyes
- unusual eye secretions
- redness of eyes
- reduced sharpness of vision (poor visual acuity)
- blurred vision, rainbows or halos around objects
- sensitivity to light (photophobia)
- dry eyes

If you notice any of the above:

- REMOVE YOUR LENSES
- If the discomfort or problem stops, then look closely at the lens.
- If the lens is in any way damaged, DO NOT put the lens back on your eye. Place the lens in the storage case and contact your eye care practitioner.
- If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, thoroughly clean, rinse and disinfect the lenses; then reinsert them.
- If the problem continues, DO NOT put the lens back on your eye but IMMEDIATELY consult your eye care practitioner.

FITTING

Conventional methods of fitting contact lenses do not apply to Ideal Soft (polymacon) contact lenses. For a detailed description of the fitting technique, refer to the Ideal Soft Fitting Guide, Copies of which are available from:

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CAUTION:
FEDERAL LAW PROHIBITS DISPENSING WITHOUT A PRESCRIPTION

WEARING SCHEDULE

THE WEARING SCHEDULE SHOULD BE DETERMINED BY THE EYE CARE PRACTITIONER. Patients tend to overwear the lenses initially. It is important to adhere to the initial maximum wearing schedule. Regular check-ups, as determined by the eye care practitioner are also extremely important.

- DAILY WEAR (less than 25 hours, while awake)
The maximum suggested wearing time for Ideal Soft contact lenses is:

Day	Hours
1	6
2	6
3	8
4	10
5	12
6	14
7	All waking hours

Studies have not been completed to show that the Ideal Soft contact lens is safe to wear during sleep.

LENS CARE DIRECTIONS

Always wash and rinse your hands before handling your contact lenses.

- GENERAL LENS CARE (To Clean, Rinse, Disinfect your lenses) BASIC INSTRUCTIONS:
- Use only the recommended system of lens care, either heat (thermal) or chemical (not heat). DO NOT ALTERNATE OR MIX LENS CARE SYSTEMS.
- Carefully read your instructions in Wearer Booklet for details.
- Your lenses must be BOTH cleaned and disinfected each time you remove them. CLEANING is necessary to remove mucus and film from the lens surface. DISINFECTING is necessary to destroy harmful germs.
- Use with any lens care systems that are labeled for use with soft hydrophilic contact lenses.
- DO NOT USE DISINFECTION SOLUTION WITH HEAT. Such use can damage your lens.
- Clean and rinse one lens first (always the same lens first to avoid mix-ups) and put that lens into the correct chamber of the lens storage case. Then repeat the procedure for the second lens.
- Rinse the lenses thoroughly to remove the cleaning solution.
- Disinfect your lenses using the system which your eye care practitioner has recommended.
- To store your lenses, disinfect and leave them in the closed/unopened case until ready to wear.
- If the lenses have been stored in the unopened case for more than 24 hours, disinfect immediately before wearing or at least once a week. Put fresh solution inside the lens chambers completely covering the lenses, before disinfecting.
- After you remove your lenses from the lens case, empty and rinse your lens storage case and allow it to air dry. When you next use the case, refill it with fresh solution.

HEAT (THERMAL) LENS DISINFECTION

- After you clean and thoroughly rinse your contact lenses, prepare the empty lens storage case. Use the solution which your eye care practitioner recommended to keep the lens wet during disinfection.
- Wet the lens chambers (sections) with fresh solution.
- Put each lens into its correct chamber.
- Fill the chamber of the case to the line with the fresh solution. Completely cover the lenses.
- Tightly close the top on each chamber of the lens storage case.
- Put the lens storage case into the disinfection unit and follow the directions to operate your unit.

EMERGENCY (ALTERNATE) METHOD FOR HEAT (THERMAL) DISINFECTION

If your heat disinfection unit is not available, place the tightly closed storage container which contains the lenses into a pan of already boiling water. (Leave the closed lens case in the pan of boiling water for at least 10 minutes. Above an altitude of 7,000 feet boil for at least 15 minutes.) Be careful not to allow the water in the pan to boil away. Remove the pan from the heat and allow it to cool for 30 minutes to complete the disinfection of the lenses.

NOTE: USE OF HEAT DISINFECTION UNIT SHOULD BE RESUMED AS SOON AS POSSIBLE

- Leave the lenses in the unopened storage case until ready to put on your eyes.
- Before reinsertion of the lenses, no rinsing is necessary unless your eye care practitioner recommends rinsing.

CHEMICAL (NON HEAT) LENS DISINFECTION

- After you clean and thoroughly rinse your contact lenses, prepare the empty lens storage case. Wet the lens chambers (sections) with the recommended disinfection solution.
- Put each lens into its correct chamber
- Fill the chamber to the line with the disinfection solution. Completely cover the lenses.
- Tightly close the top of each chamber of the lens storage case.
- To disinfect your lenses leave them in them solution for at least 4 hours.
- DO NOT HEAT THE DISINFECTION SOLUTION AND LENSES.
Leave the lenses in the unopened storage case until ready to put on your eyes.
- THOROUGHLY RINSE YOUR LENSES BEFORE INSERTING AND WEARING.

CARE FOR A DRIED-OUT (DEHYDRATED) LENS

If your Ideal Soft polymacon contact lens is off your eye and exposed to air for 30 minutes of longer, it will become dry and brittle.

To rewet your lens:
Handle the lens carefully

Place the lens in its storage case and SOAK the lens in the recommended rinsing and storage solution for at least one hour. Soak the lens until it returns to a soft state.

Clean and disinfect the rewetted (rehydrated) lens using the lens care system recommended by your eye care practitioner.

If the surface becomes dry, the lens should be cleaned and disinfected using your recommended storage solution.

If after soaking, the lens does not become soft, if the surface remains dry, DO NOT USE THE LENS, but contact your eye care practitioner.

CARE FOR A STICKING LENS

If the lens sticks (stops moving) on the eye, apply 2-3 drops of the recommended sterile saline solution or lubricating solution. Wait until the lens begins to move freely on your eye before removing it. If nonmovement of the lens continues, immediately consult your eye care practitioner.

HOW SUPPLIED

Each lens is sterilized and supplied in a glass vial containing normal saline solution. The glass vial is marked with the base curve, dioptric power diameter, manufacturing lot number and expiration date.

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Printed 2007

IO-002.1