

## PACKAGE INSERT/FITTING GUIDE



### (polymacon) VISIBILITY TINTED CONTACT LENSES FOR DAILY WEAR

#### CAUTION:

Federal (U.S.A.) law restricts this device to sale by or on the order of a licensed practitioner.

#### IMPORTANT:

This package insert and fitting guide has been developed to provide practitioners with information covering characteristics of the BAUSCH & LOMB® SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lens and to illustrate fitting procedures. It is effective as of September 2002 and supersedes all prior fitting guides for the product described. Please read carefully and keep this information for future use.

This package insert and fitting guide is intended for the eye care professional, but should be made available to patients upon request. The eye care professional should provide the patient with the patient instructions that pertain to the patient's prescribed lens and the recommended wearing schedule.

#### DESCRIPTION:

The BAUSCH & LOMB® SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lens is a soft hydrophilic contact lens that is a front surface asphere consisting of multiple aspheric zones with a spherical base curve. The most plus power is in the center of the lens, progressing to more minus in the periphery. The lens material, polymacon, is 2-hydroxyethyl methacrylate, and is 38.6% water by weight when immersed in a sterile saline solution. This lens is tinted blue with up to 100 ppm of Reactive Blue Dye 246.

The physical / optical properties of the lens are:

Specific Gravity:	1.12
Refractive Index:	1.43
Light Transmittance:	C.I.E. value - at least 86%
Water Content:	38.6%

Oxygen Permeability:  $8.4 \times 10^{-11} [\text{cm}^3 \text{O}_2 (\text{STP}) \times \text{cm}] / (\text{sec} \times \text{cm}^2 \times \text{mmHg}) @ 35^\circ \text{C}$  Polarographic Method (Boundary and Edge Corrected)

The SofLens® Multi-Focal Contact Lenses are manufactured by a cast molding process.

The SofLens® Multi-Focal Contact Lens may be prescribed for Frequent/Planned Replacement or Disposable Wear.

#### LENS PARAMETERS AVAILABLE:

The BAUSCH & LOMB® SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lens is a hemispherical shell of the following dimensions:

Diameter: 14.5mm  
Center Thickness: 0.05mm to 0.50mm  
Base Curve: 8.5mm and 8.8mm  
Powers (Spherical): +6.00D to -10.00D  
(0.25D increments)

Add Powers: Low (+0.75D to +1.50D) and High (+1.75D to +2.50D)

#### HOW THE LENS WORKS (ACTIONS):

In its hydrated state, the BAUSCH & LOMB® SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lens when placed on the cornea acts as a refracting medium to focus light rays on the retina.

#### INDICATIONS:

BAUSCH & LOMB® SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lens is indicated for daily wear for the correction of refractive ametropia (myopia, hyperopia, and astigmatism) and presbyopia in aphakic and/or not-aphakic persons with non-diseased eyes, exhibiting astigmatism of 2.00 diopters or less, that does not interfere with visual acuity. The lens provides a power range of +20.00 to -20.00 diopters with add power ranging from +1.00D to +5.00D.

Replacement schedules may vary from patient to patient, and should be decided by eye care practitioners in consultation with their patients. The lens is to be cleaned, rinsed and disinfected each time it is removed from the patient's eye and discarded after the recommended wearing period prescribed by the eye care practitioner. The lens may be disinfected using a chemical disinfection system.

#### FREQUENT/PLANNED REPLACEMENT WEAR

When prescribed for Frequent/Planned Replacement Wear, the SofLens® Multi-Focal Contact Lens is to be cleaned, rinsed and disinfected each time it is removed from the patient's eye and discarded after the recommended wearing period prescribed by the eye care professional. The lens may be disinfected using a chemical disinfection system.

## DISPOSABLE WEAR

When prescribed for Disposable Wear, the SofLens® Multi-Focal Contact Lens is to be discarded after each removal.

## CONTRAINDICATIONS (REASONS NOT TO USE):

DO NOT USE the BAUSCH & LOMB® SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lens when any of the following conditions exist:

- Acute and subacute inflammation or infection of the anterior chamber of the eye
- Any eye disease, injury, or abnormality that affects the cornea, conjunctiva, or eyelids
- Severe insufficiency of lacrimal secretion (dry eyes)
- Corneal hypoesthesia (reduced corneal sensitivity)
- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses
- Allergic reactions of ocular surfaces or adnexa (surrounding tissue) that may be induced or exaggerated by wearing contact lenses or use of contact lens solutions
- Allergy to any ingredient, such as mercury or Thimerosal, in a solution which is to be used to care for the SofLens Multi-Focal Contact Lens
- Any active corneal infection (bacterial, fungal, or viral)
- If eyes become red or irritated

## WARNINGS:

After a thorough eye examination, including appropriate medical background, patients should be fully apprised by the prescribing practitioner of all the risks with contact lens wear. Patients should be advised of the following warnings pertaining to contact lens wear:

- Problems with contact lenses could result in **serious injury** to the eye. It is essential that patients follow their eye care practitioner's direction and all labeling instructions for proper use of lenses and lens care products, including the lens case. Eye problems, including corneal ulcers, can develop rapidly and lead to **loss of vision**.
- Daily wear lenses are not indicated for overnight wear, **and patients should be instructed not to wear lenses while sleeping**. Clinical studies have shown that the risk of serious adverse reactions is increased when daily wear lenses are worn overnight.
- The need for strict compliance with the care regimen including cleaning of the lens case, wearing restrictions, wearing schedule, and follow-up visit schedule should be emphasized to the patient.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than nonsmokers.
- If a patient experiences eye discomfort, excessive tearing, vision changes, or redness of the eye, the patient should be instructed to **immediately remove lenses** and promptly contact his or her eye care practitioner.

## PRECAUTIONS:

Special Precautions for Eye Care Professionals:

- Due to the small number of patients enrolled in clinical investigation of lenses, all refractive powers, design configurations, or lens parameters available in the lens material are not evaluated in significant numbers. Consequently, when selecting an appropriate lens design and parameters, the eye care professional should consider all characteristics of the lens that can affect lens performance and ocular health, including oxygen permeability, wettability, central and peripheral thickness, and optic zone diameter.

The potential impact of these factors on the patient's ocular health should be carefully weighed against the patient's need for refractive correction; therefore, the prescribing eye care professional should carefully monitor the continuing ocular health of the patient and lens performance on eye.

- Patients who wear aspheric contact lenses, such as the Bausch & Lomb SofLens Multi-Focal, to correct presbyopia may not achieve the best corrected visual acuity for either far or near vision. Visual requirements vary with the individual and should be considered when selecting the most appropriate type of lens for each patient.
- Eye care professionals should instruct the patient to **REMOVE A LENS IMMEDIATELY** if an eye becomes red or irritated.
- Fluorescein, a yellow dye, should not be used while the lenses are on the eyes. The lenses absorb this dye and become discolored. Whenever fluorescein is used in eyes, the eyes should be flushed with sterile saline solution that is recommended for in-eye use.
- The patient should be instructed to always discard disposable lenses and lenses worn on a frequent/planned replacement schedule after the recommended wearing schedule prescribed by the eye care professional.
- As with any contact lens, follow-up visits are necessary to assure the continuing health of the patient's eyes. The patient should be instructed as to a recommended follow-up schedule.
- Aphakic patients should not be fitted with SofLens® Multi-Focal Contact Lenses until the determination is made that the eye has healed completely.

Eye care professionals should carefully instruct patients about the following lens care and safety precautions. It is strongly recommended that patients be provided with a copy of the SofLens Multi-Focal Patient Information Booklet available from BAUSCH & LOMB® and understand its contents prior to dispensing the lenses.

### **Handling Precautions:**

- Always wash and rinse hands before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, or sprays in the eyes or on the lenses. It is best to put on lenses before putting on makeup. Water-base cosmetics are less likely to damage lenses than oil-base products.
- Be sure that before leaving the eye care professional's office, the patient is able to remove lenses promptly or have someone else available to remove them.
- Be certain that the fingers or hands are free of foreign materials before touching lenses, as microscopic scratches of the lenses may occur, causing distorted vision and/or injury to the eye.
- Always handle lenses carefully and avoid dropping them.
- Do not touch the lens with fingernails.
- Carefully follow the handling, insertion, removal, cleaning disinfecting, storing and wearing instructions in the Patient Information Booklet for the SofLens® Multi-Focal Contact Lenses and those prescribed by the eye care professional.
- Never use tweezers or other tools to remove lenses from the lens container unless specifically indicated for that use. Pour the lens into the hand.

### **Solution Precautions:**

- Always use **fresh unexpired** lens care solutions.
- Always follow directions in the package inserts for the use of contact lens solutions.
- Sterile unpreserved solutions, when used, should be discarded after the time specified in the labeling directions.
- Always keep the lenses completely immersed in the recommended storage solution when lenses are not being worn (stored). Prolonged periods of drying will damage lenses. Follow the lens care directions for Care for a Dried Out (Dehydrated) Lens in the patient information booklet if lens surface does become dried out.
- Do not use saliva or anything other than the recommended solution for lubricating or wetting lenses.
- Tap water, distilled water or homemade saline should not be used as a substitute for any component in the lens care regimen since they have been associated with an Acanthamoeba keratitis infection.
- Never use conventional hard contact lens solutions that are not also recommended for use with prescribed lenses.
- Do not mix or alternate lens care systems or solutions unless indicated in the lens care system labeling.
- Do not use chemical disinfection solutions with heat unless specifically indicated on product labeling for use in both heat and chemical disinfection.

### **Lens Wearing Precautions:**

- Never wear lenses beyond the period recommended by the eye care professional.
- If the lens sticks (stops moving) on the eye, follow the recommended directions on Care for a Sticking Lens. The lens should move freely on the eye for the continued health of the eye. If nonmovement of the lens continues, the patient should be instructed to **immediately** consult his or her eye care professional.
- Avoid, if possible, all harmful or irritating vapors and fumes while wearing lenses.
- If aerosol products are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.

### **Lens Case Precautions:**

- Contact lens cases can be a source of bacterial growth. To prevent contamination and to help avoid serious eye injury, always empty and rinse the lens case with fresh, sterile rinsing solution and allow to air dry.
- Lens cases should be replaced at regular intervals as recommended by the lens case manufacturer or eye care professional.

### **Topics to Discuss with the Patient:**

- As with any contact lens, follow-up visits are necessary to assure the continuing health of the eyes. The patient should be instructed as to a recommended follow-up schedule.
- Patients should be advised about wearing lenses during sporting and water related activities. Exposure to water while wearing contact lenses in activities such as swimming, water skiing and hot tubs may increase the risk of ocular infection including but not limited to Acanthamoeba keratitis.
- Always contact the eye care professional before using any medicine in the eyes.

### **Who Should Know That the Patient is Wearing Contact Lenses:**

- Patients should inform their doctor (health care practitioner) about being a contact lens wearer.
- Patients should always inform their employer of being a contact lens wearer. Some jobs may require the use of eye protection equipment or may require that you do not wear lenses.

### **ADVERSE REACTIONS:**

The patient should be informed that the following problems may occur:

- Eyes stinging, burning, itching (irritation), or other eye pain
- Comfort is less than when lens was first placed on eye
- Abnormal feeling of something in the eye (foreign body, scratched area)
- Excessive watering (tearing) of the eyes
- Unusual eye secretions
- Redness of the eyes

- Reduced sharpness of vision (poor visual acuity)
- Blurred vision, rainbows, or halos around objects
- Sensitivity to light (photophobia)
- Dry eyes

If the patient notices any of the above, he or she should be instructed to:

- **Immediately remove the 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 the eye. Place the lens in the storage case and contact the eye care professional. If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, the patient should thoroughly clean, rinse, and disinfect the lenses; then reinsert them. After reinsertion, if the problem continues, the patient should **immediately remove the lenses and consult his or her eye care professional.**

If the above symptoms continue after removal of the lens, or upon reinsertion of a lens, or upon insertion of a new lens, the patient should **immediately remove the lenses and contact his or her eye care professional or physician**, who must determine the need for examination, treatment or referral without delay. (See Important Treatment Information for Adverse Reactions.) A serious condition such as infection, corneal ulcer, corneal vascularization, or iritis may be present, and may progress rapidly. Less serious reactions such as abrasions, epithelial stinging or bacterial conjunctivitis must be managed and treated carefully to avoid more serious complications.

### Important Treatment Information for Adverse Reactions

Sight-threatening ocular complications associated with contact lens wear can develop rapidly, and therefore early recognition and treatment of problems are critical. Infectious corneal ulceration is one of the most serious potential complications, and may be ambiguous in its early stage. Signs and symptoms of infectious corneal ulceration include discomfort, pain, inflammation, purulent discharge, sensitivity to light, cells and flare, and corneal infiltrates.

Initial symptoms of a minor abrasion and an early infected ulcer are sometimes similar. Accordingly, such epithelial defect, if not treated properly, may develop into an infected ulcer. In order to prevent serious progression of these conditions, a patient presenting symptoms of abrasions or early ulcers should be evaluated as a potential medical emergency, treated accordingly, and be referred to a corneal specialist when appropriate. Standard therapy for corneal abrasions such as eye patching or the use of steroids or steroid/antibiotic combinations may exacerbate the condition. If the patient is wearing a contact lens on the affected eye when examined, the lens should be removed immediately and the lens and lens care products retained for analysis and culturing.

### SELECTION OF PATIENTS:

The eye care professional should not fit patients who cannot or will not adhere to a recommended care or replacement regimen, or are unable to place and remove the lenses should not be provided with them. Failure to follow handling and cleaning instructions could lead to serious eye infections which might result in corneal ulcers.

Patient communication is vital because it relates not only to patient selection but also to ensure compliance. It is also necessary to discuss the information contained in the Patient Information Booklet with the patient at the time of the initial examination.

Patients selected to wear SofLens® Multi-Focal Contact Lenses should be chosen for their motivation to wear contact lenses, general health and cooperation. The eye care professional must take care in selecting, examining and instructing contact lens patients. Patient hygiene and willingness to follow practitioner instructions are essential to their success.

A detailed history is crucial to determining patient needs and expectations. Your patient should be questioned regarding vocation, desired lens wearing time (full or part time), and desired lens usage (reading, recreation or hobbies). Initial evaluation of the trial lens should be preceded by a complete eye examination, including visual acuity with and without correction at both distance and near, keratometry and slit lamp examination.

It is normal for the patient to experience mild symptoms such as lens awareness, variable vision, occasional tearing (watery eyes) and slight redness during the adaptation period. Although the adaptation period varies for each individual, generally within one week these symptoms will disappear. If these symptoms persist, the patient should be instructed to contact his or her eye care professional.

### FITTING PROCEDURE:

#### 1. Pre-Fitting Examination

A pre-fitting patient history and examination are necessary to:

- determine whether a patient is a suitable candidate for contact lenses (consider patient hygiene and mental and physical state),
- make ocular measurements for initial contact lens parameter selection, and
- collect and record baseline clinical information to which post-fitting examination results can be compared.

A prefitting examination should include spherocylinder refraction and VA, keratometry, and biomicroscopic examination.

## 2. Initial Lens Power Selection

- a. Perform a preliminary evaluation to determine distance refraction and near add requirements.
- b. Determine patient's spherical equivalent refractive error corrected to the corneal plane.
- c. For each eye, select a lens of the power closest to the patient's spherical equivalent distance Rx.
- d. Select the appropriate ADD.
  - Bausch & Lomb® SofLens® Multi-Focal Low ADD: +0.75 to +1.50D.
  - Bausch & Lomb® SofLens® Multi-Focal High ADD: +1.75 to +2.50D.
- e. Measure binocular near and distance VA.
- f. Make adjustments in power as necessary. The use of hand held trial lenses will simplify fitting and minimize lens changes. To improve near vision, add plus in +0.25D increments to both eyes. If distance vision becomes unacceptable with this change, add plus to the non-dominant eye only. Measure near, then distance VA binocularly then monocularly. To improve distance vision, add minus in -0.25D increments in both eyes. If near vision becomes unacceptable with this change, add minus to the dominant eye only. Measure distance, then near VA, binocularly then monocularly.
- g. Make final lens changes and confirm acuity. Attempt to minimize any resultant binocular imbalance.

Demonstrate vision:

  - under normal conditions
  - at near in any position of gaze
  - in decreased illumination
  - at intermediate distances

## 3. Initial Lens Evaluation

- a. To determine proper lens parameters observe the lens relationship to the eye using a slit lamp.
  - Movement: The lens should provide discernible movement with:
    - Primary gaze blink
    - Upgaze blink
    - Upgaze lag
  - Centration: The lens should provide full corneal coverage.
- b. Lens evaluation allows the contact lens fitter to evaluate the lens/cornea relationship in the same manner as would be done with any soft lens. If after the lens has settled on the eye, the patient reports lens sensation, or if the lens is moving or decentering excessively, the lens should not be dispensed. Alternatively, if the patient reports variable vision, or if the lens shows insufficient movement, the lens should not be dispensed.

## 4. Criteria of a Well-Fitted Lens

If the initial lens selection fully covers the cornea, provides discernible movement after a blink, is comfortable for the patient and provides satisfactory visual performance, it is a well fitted lens and can be dispensed.

## 5. Characteristics of a Tight (Steep) Lens

A lens which is much too steep may subjectively and objectively cause distortion which will vary after a blink. However, if a lens is only marginally steep, the initial subjective and objective vision and comfort findings may be quite good. A marginally steep lens may be differentiated from a properly fitted lens by having the patient gaze upward. A properly fitted lens will tend to slide downward approximately 0.5mm while a steep lens will remain relatively stable in relationship to the cornea, particularly with the blink.

## 6. Characteristics of a Loose (Flat) Lens

If the lens is too flat, it will:

- Decenter, especially on post-blink.
- Have a tendency to edge lift inferiorly and sit on the lower lid, rather than positioning between the sclera and palpebral conjunctiva.
- Have a tendency to be uncomfortable and irritating with fluctuating vision.
- Have a tendency to drop or lag greater than 2.0mm on upgaze post-blink.

## 7. Follow-up Care

- a. Follow-up examinations are necessary to ensure continued successful contact lens wear. From the day of dispensing, the following schedule is a suggested guideline for follow up.
  - 3 or 4 days post-dispensing
  - 10 days
  - 1 month
  - 3 months
  - every six months thereafter

At the initial follow-up evaluations the eye care professional should again reassure the patient that any of the previously described adaptive symptoms are normal, and that the adaptation period should be relatively brief.

- b. Prior to a follow-up examination, the contact lenses should be worn for at least 4 continuous hours and the patient should be asked to identify any problems which might be occurring related to contact lens wear.
- c. With lenses in place on the eyes, evaluate fitting performance to assure that CRITERIA OF A WELL FITTED LENS continue to be satisfied. Examine the lenses closely for surface deposition and/or damage.
- d. After the lens removal, instill sodium fluorescein [unless contraindicated] into the eyes and conduct a thorough biomicroscopy examination.
  1. The presence of vertical corneal striae in the posterior central cornea and/or corneal neovascularization may be indicative of excessive corneal edema.

2. The presence of corneal staining and/or limbal-conjunctival hyperemia can be indicative of an unclean lens, a reaction to solution preservatives, excessive lens wear, and/or a poorly fitting lens.
3. Papillary conjunctival changes may be indicative of an unclean and/or damaged lens.

If any of the above observations are judged abnormal, various professional judgments are necessary to alleviate the problem and restore the eye to optimal conditions. If the CRITERIA OF A WELL FITTED LENS are not satisfied during any follow-up examination, the patient should be re-fitted with a more appropriate lens.

### **PRACTITIONER FITTING SETS**

Lenses must be discarded after a single use and must not be used from patient to patient.

### **WEARING SCHEDULE:**

The wearing and replacement schedules should be determined by the eye care professional. Regular checkups, as determined by the eye care professional, are extremely important.

#### **Daily Wear:**

There may be a tendency for the daily wear patient to over wear the lenses initially. Therefore, the importance of adhering to a proper, initial daily wearing schedule should be stressed to these patients. The wearing schedule should be determined by the eye care professional. The wearing schedule chosen by the eye care professional should be provided to the patient.

### **MULTI-FOCAL FITTING GUIDELINES:**

#### **1. Patient Selection**

- A. Corneal astigmatism: Up to  $-0.75 \times 180$ , up to  $-0.75 \times 90$
- B. Habitual distance Rx (greater than  $+0.75D$ )
- C. Good motivation
- D. Realistic expectations

#### **2. Lens Selection**

- A. Choose 8.5 base curve for 43.75D and steeper and 8.8 base curve for 43.50D and flatter.
- B. Select the patient's distance spectacle sphere (must be in minus cylinder form, ignore the cylinder) and vertex, if necessary.
- C. Select the appropriate ADD.
  - Bausch & Lomb® SofLens® Multi-Focal Low ADD:  $+0.75$  to  $+1.50D$ .
  - Bausch & Lomb® SofLens® Multi-Focal High ADD:  $+1.75$  to  $+2.50D$ .

#### **3. Lens Fitting**

- A. Equilibrate for 10 minutes.
- B. Lens should center well with  $0.5 - 1.0mm$  movement in primary gaze,  $1.0 - 1.5mm$  upward gaze.
- C. Check distance acuity monocularly in normal room illumination.
- D. Over-refract if necessary in 0.25D steps to 20/25.
- E. Check distance acuity binocularly. Over-refract if necessary in 0.25D steps to 20/20.
- F. Check near acuity binocularly, with distance over-refraction still in place.

#### **4. Symptom Resolution**

- A. Excessive Movement – to achieve stability and proper centration, steepen base curve to 8.5mm.
- B. Decentration – steepen base curve to 8.5mm.
- C. Acuity – 0.25D makes a significant difference in acuity, re-check near and distance acuities with over-refraction in place.
- D. Distance visual acuity not acceptable –
  - If patient is wearing two Low ADD lenses:
    1. Add  $-0.25D$  to the dominant eye.
  - If patient is wearing two High ADD lenses:
    1. Add  $-0.25D$  to the dominant eye.
    2. Use a Low ADD in the dominant eye and a High ADD in the non-dominant eye.
- E. Near visual acuity not acceptable –
  - If patient is wearing two Low ADD lenses:
    1. Add  $+0.25D$  to the non-dominant eye
    2. Use a Low ADD in dominant eye and High ADD in non-dominant eye
    3. If near vision is still not acceptable, use High ADD in both eyes
  - If patient is wearing two High ADD lenses:
    1. Add  $+0.25D$  to non-dominant eye.

#### **5. Patient Education**

All patients do not function equally well with multifocal correction. Patients may not perform as well for certain tasks with this correction as they have with bifocal reading glasses. Each patient should understand that multifocal correction can create a vision compromise that may reduce visual acuity and depth perception for distance and near tasks. During the fitting process it is necessary for the patient to realize the disadvantages as well as the advantages of clear near vision in straight ahead and upward gaze that multifocal contact lenses provide.

### **MONOVISION FITTING GUIDELINES:**

#### **1. Patient Selection**

- A. Monovision Needs Assessment
 

For a good prognosis the patient should have adequately corrected distance and near visual acuity in each eye. The amblyopic patient or the patient with significant astigmatism (greater than one [1] diopter) in one eye may not be a good candidate

for monovision with the BAUSCH & LOMB® SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lenses.

Occupational and environmental visual demands should be considered. If the patient requires critical vision (visual acuity and stereopsis) it should be determined by trial whether this patient can function adequately with monovision. Monovision contact lens wear may not be optimal for such activities as:

- (1) visually demanding situations such as operating potentially dangerous machinery or performing other potentially hazardous activities; and
- (2) driving automobiles (e.g., driving at night). Patients who cannot pass their state drivers license requirements with monovision correction should be advised to not drive with this correction, OR may require that additional over-correction be prescribed.

#### B. Patient Education

All patients do not function equally well with monovision correction. Patients may not perform as well for certain tasks with this correction as they have with bifocal reading glasses. Each patient should understand that monovision can create a vision compromise that may reduce visual acuity and depth perception for distance and near tasks. During the fitting process it is necessary for the patient to realize the disadvantages as well as the advantages of clear near vision in straight ahead and upward gaze that monovision contact lenses provide.

## 2. Eye Selection

Generally, the non-dominant eye is corrected for near vision. The following test for eye dominance can be used.

#### A. Ocular Preference Determination Methods

Method 1 - Determine which eye is the "sighting dominant eye. Have the patient point to an object at the far end of the room. Cover one eye. If the patient is still pointing directly at the object, the eye being used is the dominant (sighting) eye.

Method 2 - Determine which eye will accept the added power with the least reduction in vision. Place a trial spectacle near add lens in front of one eye and then the other while the distance refractive error correction is in place for both eyes. Determine whether the patient functions best with the near add lens over the right or left eye.

#### B. Refractive Error Method

For anisometropic corrections, it is generally best to fit the more hyperopic (less myopic) eye for distance and the more myopic (less hyperopic) eye for near.

#### C. Visual Demands Method

Consider the patient's occupation during the eye selection process to determine the critical vision requirements. If a patient's gaze for near tasks is usually in one direction correct the eye on that side for near.

Example:

A secretary who places copy to the left side of the desk will usually function best with the near lens on the left eye.

## 3. Special Fitting Considerations Unilateral Lens Correction

There are circumstances where only one contact lens is required. As an example, an emmetropic patient would only require a near lens while a bilateral myope may require only a distance lens.

Example:

A presbyopic emmetropic patient who requires a +1.75 diopter add would have a +1.75 lens on the near eye and the other eye left without a lens.

A presbyopic patient requiring a +1.50 diopter add who is -2.50 diopters myopic in the right eye and -1.50 diopters myopic in the left eye may have the right eye corrected for distance and the left uncorrected for near.

## 4. Near Add Determination

Always prescribe the lens power for the near eye that provides optimal near acuity at the midpoint of the patient's habitual reading distance. However, when more than one power provides optimal reading performance, prescribe the least plus (most minus) of the powers.

## 5. Trial Lens Fitting

A trial fitting is performed in the office to allow the patient to experience monovision correction. Lenses are fit according to the directions in the general fitting guidelines.

Case history and standard clinical evaluation procedure should be used to determine the prognosis. Determine which eye is to be corrected for distance and which eye is to be corrected for near. Next determine the near add. With trial lenses of the proper power in place observe the reaction to this mode of correction.

Immediately after the correct power lenses are in place, walk across the room and have the patient look at you. Assess the patient's reaction to distance vision under these circumstances. Then have the patient look at familiar near objects such as a watch face or fingernails. Again assess the reaction. As the patient continues to look around the room at both near and distance objects, observe the reactions. Only after these vision tasks are completed should the patient be asked to read print. Evaluate the patient's reaction to large print (e.g. typewritten copy) at first and then graduate to newsprint and finally smaller type sizes.

After the patient's performance under the above conditions are completed, tests of visual acuity and reading ability under conditions of moderately dim illumination should be attempted. An initial unfavorable response in the office, while indicative of a guarded prognosis, should not immediately rule out a more extensive trial under the usual conditions in which a patient functions.

## 6. Adaptation

Visually demanding situations should be avoided during the initial wearing period. A patient may at first experience some mild blurred vision, dizziness, headaches, and a feeling of slight imbalance. You should explain the adaptational symptoms to the patient. These symptoms may last for a brief minute or for several weeks. The longer these symptoms persist, the poorer the prognosis for successful adaptation.

To help in the adaptation process the patient can be advised to first use the lenses in a comfortable familiar environment such as in the home.

Some patients feel that automobile driving performance may not be optimal during the adaptation process. This is particularly true when driving at night. Before driving a motor vehicle, it may be recommended that the patient be a passenger first to make sure that their vision is satisfactory for operating an automobile. During the first several weeks of wear (when adaptation is occurring), it may be advisable for the patient to only drive during optimal driving conditions. After adaptation and success with these activities, the patient should be able to drive under other conditions with caution.

## 7. Other Suggestions

The success of the monovision technique may be further improved by having your patient follow the suggestions below.

- Having a third contact lens (distance power) to use when critical distance viewing is needed.

- Having a third contact lens (near power) to use when critical near viewing is needed.
- Having supplemental spectacles to wear over the monovision contact lenses for specific visual tasks may improve the success of monovision correction. This is particularly applicable for those patients who cannot meet state licensing requirements with a monovision correction.
- Make use of proper illumination when carrying out visual tasks.

Success in fitting monovision can be improved by the following suggestions.

- Reverse the distance and near eyes if a patient is having trouble adapting.
- Refine the lens powers if there is trouble with adaptation. Accurate lens power is critical for presbyopic patients.
- Emphasize the benefits of the clear near vision in straight ahead and upward gaze with monovision.
- \* **The decision to fit a patient with a monovision correction is most appropriately left to the eye care professional in conjunction with the patient after carefully considering the patient's needs.**
- \* **All patients should be supplied with a copy of the SofLens® Multi-Focal Contact Lens Patient Information Booklet.**

## HANDLING OF LENSES

### Patient Lens Care Directions:

When lenses are dispensed, the patient should be provided with appropriate and adequate instructions and warnings for lens care handling. The eye care professional should recommend appropriate and adequate procedures and products for each individual patient in accordance with the particular lens wearing schedule and care system selected by the practitioner, the specific instructions for such products and the particular characteristics of the patient.

**Frequent/Planned Replacement Wear:** For complete information concerning the care, cleaning and disinfection of contact lenses refer to the SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lens Patient Information Booklet.

**Disposable Wear:** For complete information concerning emergency lens care, refer to the SofLens Multi-Focal Contact Lens Patient Information Booklet.

### CARE FOR A STICKING (NONMOVING) LENS:

If the lens sticks (stops moving), the patient should be instructed to use a lubricating or rewetting solution in their eye. The patient should be instructed to not use plain water, or anything other than the recommended solutions.



The patient should be instructed to contact the eye care professional if the lens does not begin to move upon blinking after several applications of the solution, and to not attempt to remove the lens except on the advice of the eye care professional.

#### **CARE FOR A DRIED OUT (DEHYDRATED) LENS:**

If a soft, hydrophilic contact lens is exposed to air while off the eye, it may become dry and brittle and need to be rehydrated. If the lens is adhering to a surface, apply the recommended rinsing solution before handling.

To rehydrate the lens:

- Handle the lens carefully.
- Place the lens in its storage case and soak the lens in a recommended rinsing and storing solution for at least 1 hour until it returns to a soft state.
- Clean lens first, then disinfect the rehydrated lens using a recommended lens care system.
- If after soaking, the lens does not become soft, if the surface remains dry, **DO NOT USE THE LENS UNTIL IT HAS BEEN EXAMINED BY YOUR EYE CARE PROFESSIONAL.**

#### **EMERGENCIES:**

If chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes, you should: **FLUSH EYES IMMEDIATELY WITH TAP WATER AND THEN REMOVE LENSES PROMPTLY. CONTACT YOUR EYE CARE PROFESSIONAL OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.**

#### **REPORTING OF ADVERSE REACTIONS:**

All serious adverse experiences and adverse reactions observed in patients wearing BAUSCH & LOMB® SofLens® Multi-Focal (polymacon) Visibility Tinted Contact Lenses or experienced with the lenses should be reported to:

Bausch & Lomb Incorporated  
Rochester, New York 14609

#### **Toll Free Telephone Number**

In the Continental U.S., Alaska, Hawaii

1-800-828-9030

In New York State

1-800-462-1720

In Canada

1-888-459-5000

#### **HOW SUPPLIED:**

Each sterile lens is supplied in a plastic blister package containing borate buffered saline solution. The container is marked with the manufacturing lot number of the lens, the base curve, sphere power, add power, diameter and expiration date. Store lenses at room temperature (60°F - 80°F, 15°C - 25°C)

#### **Bausch & Lomb Incorporated**

Rochester, NY 14609

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