

## What to expect:

UltraHealth hybrid contact lenses provide consistently clear vision throughout the day and offer all-day comfort by eliminating the discomfort, dislodging and debris issues associated with traditional rigid lenses.

You should expect a brief period of adaptation to become fully accustomed to the lenses. Your eye care professional can explain what you should expect and how to gradually build up wear time so that you may enjoy unparalleled vision and comfort with UltraHealth.

## Top comfort tips:

- When inserting the lens, place it gently on the eye and do not push the lens too forcefully onto the eye.
- If lenses are uncomfortable during the day, remove, re-wet and re-insert.
- If eyes feel dry during the day, some eye care professionals recommend a lubricating drop.
- If eyes continue to feel dry even after applying lubricating drops, remove lenses and re-hydrate your lenses in fresh sterile saline for a few hours.
- Try not to rub eyes during the day.

\*In some patients the tear chemistry may react with the hydrogen peroxide to cause a permanent white ring at the junction of the rigid center and soft skirt. This ring does not affect vision or comfort.

## Lens care instructions:

### Clean Your UltraHealth Lenses Daily



1. Place the lens bowl-side up in the palm of your hand. Rinse your lenses with a daily cleaner approved for soft contact lenses. **Never use tap water to rinse or store your lenses.**

2. With the pad of your ring finger, gently rub the entire lens in a circular motion against the palm of your hand. Be sure to thoroughly clean the front and back of the lens and then rinse it well with saline.

3. Store your lenses in either a hydrogen peroxide system OR multi-purpose disinfecting solution, as recommended by your eye care professional.

## Lens care solutions:

**Disinfection Systems:** Use chemical (not heat) disinfection systems (Multi-Purpose or Hydrogen Peroxide\* solutions) approved for soft contact lenses, as recommended by your eye care professional.

**Daily Cleaner:** The standard of care for contact lenses recommends using a daily cleaner approved for soft contact lenses.

**Rewetting Drops:** If needed, use rewetting drops approved for soft contact lenses, as directed by your eye care practitioner.

*If lenses have **Tangible™ Hydra-PEG coating**, alcohol-based or abrasive solutions should be avoided.*

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ULTRAHEALTH  
CONTACT LENSES

## Patient Lens Handling & Care



Transform your vision with UltraHealth.

## How to insert your lenses:

**Always wash your hands with mild soap and dry them well with a lint-free towel before handling the lenses.** It is a good idea to handle your lenses in the same order each time to avoid getting them mixed up.

There is more than one way to insert your lenses. We recommend you pick the method that works best for you.



**Inserter Method**



**Tripod Finger Method**

1. Place the lens on the inserter OR stabilize the lens on three fingers (see photo) by pinching together your thumb, index and middle fingers to support the lens.

2. Fill the bowl of the lens with sterile saline.

### Top Insertion Tips

**TIP 1.** Bubbles may make lens uncomfortable and produce irregular vision. To avoid bubbles, fill lens bowl completely with saline.

**TIP 2.** Gently place lens on your eye. As you insert the lens, the cornea will displace the saline and the lens will gently settle on the surface of the eye. If lens is pushed too hard onto the eye, you may experience discomfort and lens fogging.

## How to insert your lenses: (cont.)



3. Lean forward and look down at the floor. Sometimes it's helpful to place a mirror flat on the counter to look into as you insert the lens.



4. Pull up on your upper lid with one hand by placing the fingers at the base of the lashes.



5. With palm facing up put inserter between thumb and pointer finger. Pull down on lower lid using a finger on the hand holding inserter. Gently place lens on eye. It is very important not to push lens too forcefully onto eye.

*Avoid using oil-based cosmetics as they will permanently damage the surface of your UltraHealth lenses.*



**Visit [SynergEyes.com](http://SynergEyes.com) to view Lens Handling & Care videos, reference instruction booklet, and learn more about UltraHealth.**

## How to remove your lenses:



### “Tissue Trainer” Method

Practice removing moist lenses with a tissue.

1. Place tissue over forefinger and thumb.
2. Using narrow pinch, with fingertips at the 5 and 7 o'clock positions on lens, apply slight pressure; wait for a “1, 2” count and then roll fingertips together and back toward palm of hand.

### DRY Finger “Pinch” Method

Once comfortable removing lenses with a tissue, practice using a **strong narrow pinch with very dry fingers** (instead of dry tissue).



1. Using one hand, pull upper lid back.



2. Using your finger on the opposite hand, pull down lower lid gently.

3. Place **very dry** fingertips at 5 and 7 o'clock positions on lens and apply slight pressure; wait for “1, 2” count and roll fingertips together and back toward palm of hand to remove lens.



4. **Fingers should be dried with a towel between each removal attempt.** Rubbing fingers together until heat is felt from the friction will also ensure fingers are completely dry.

### Recommended Replacement

The recommended replacement schedule for UltraHealth lenses is every six months. It is important that you always follow your eye care professional's instructions. Based on your individual needs, your eye care professional may recommend a different replacement schedule.