The ALDEN SOFT CONTACT LENS (methafilcon A) is an ionic lens material made from a co-polymer of 2-hydroxyethyl methacrylate (HEMA) and methacrylic acid. It consists of 65% methacrylic acid and 35% water by weight when immersed in buffered normal saline.

PHYSICAL PROPERTIES

- **Diameter**: 7.5 ± 0.5 mm
- **Base Curve**: 8.6 mm ± 0.2 mm
- **Center Diameter**: 12.0 ± 0.2 mm
- **Center Thickness**: 0.05 ± 0.01 mm
- **Top Diameter**: 13.5 ± 0.5 mm

The potential impact of these factors on the patient's ocular health should be carefully considered before use. If any adverse reactions occur, the lens should be removed, and the patient should consult their eye care practitioner.

**PRACTICAL TIPS**

- **Wash hands**: Before handling the lens, wash your hands with soap and water.
- **Use fresh solutions**: Always use fresh solutions to clean and store your contact lenses.
- **Avoid touching**: Do not touch your lenses with your hands if you have any skin conditions.
- **Remove when not wearing**: Remove your lenses before going to bed and when not wearing them.
- **Consult the practitioner**: Always consult your eye care practitioner if you experience any vision changes or discomfort.

**ADVERSE REACTIONS**

- **Irritation**: If you experience irritation or redness, discontinue use and consult your eye care practitioner.
- **Allergic reactions**: If you experience an allergic reaction, stop using the lens and consult your eye care practitioner.
- **Infection**: If you experience a bacterial or fungal infection, discontinue use and consult your eye care practitioner.
- **Visual changes**: If you experience changes in vision, discontinue use and consult your eye care practitioner.

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PROFESSIONAL IDENTIFICATION of the problem and prompt treatment to avoid serious eye damage.

FITTING

Contact lens fitting methods vary depending on the lens type. Fitting methods may include, but are not limited to, direct vision fitting, indirect vision fitting, and trial lens fitting methods. For a detailed description of the fitting techniques, refer to the ALDEN SOFT CONTACT LENSES Professional Fitting and Information Guide, copies of which are available from:

Alden Optical
6 Lancaster Pkwy
Lancaster, NY 14086 USA
(716) 937-9181

WEARING SCHEDULE

THE WEARING AND REPLACEMENT SCHEDULES SHOULD BE DETERMINED BY THE EYE CARE PRACTITIONER. Patients tend to over wear the lenses initially. The eye care practitioner should emphasize the importance of adhering to the maximum wearing schedule. Regular checkups, as determined by the eye care practitioner, are also extremely important.

THE ALDEN SOFT CONTACT LENSES are indicated for daily wear. The maximum suggested wearing time for these lenses is:

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<thead>
<tr>
<th>Lens</th>
<th>Daily hours</th>
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<td>5</td>
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<td></td>
<td>All Waking hours *</td>
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STUDIES HAVE NOT BEEN COMPLETED TO SHOW THAT THE ALDEN SOFT CONTACT LENS IS SAFE TO WEAR DURING SLEEP. WEARING THE LENSES WHILE SLEEPING INCREASES THE RISK OF INFECTION AND PERMANENT DAMAGE TO VISION.

WEARING SCHEDULES SHOULD BE DETERMINED BY THE EYE CARE PRACTITIONER.

Certain atmospheric or environmental conditions can cause eye irritation, consult your eye care practitioner regarding the use of contact lenses when these conditions exist.

LENSES CARE DIRECTIONS

Eye care practitioners should review lens care directions with the patient, including both basic lens care information and specific instructions on the lens care regimen recommended for the patient:

Basic Instructions: Care of contact lenses takes very little time and involves THREE essential steps – CLEANING, RINSING AND DISINFECTION. Each step in itself is important, and one step is not to be replaced by the other. Always wash, rinse and dry hands before handling contact lenses. Always use FRESH, STERILE, UNEXPLODED lens care solutions. Use the recommended lens care system. Different solutions cannot always be used together, and not all solutions are indicated for use with all lenses. DO NOT ALTERATE OR MIX LENS CARE SYSTEMS UNLESS INDICATED ON SOLUTION LABELING. Do not use saliva or anything other than the recommended solutions for lubricating or rewetting lenses. Do not put lenses in the mouth. Lenses should be cleaned, rinsed, and disinfected each time they are removed. Cleaning and rinsing are necessary to remove mucus and film from the lens surface. Disinfecting is necessary to destroy harmful germs. The lens case must be emptied and refilled with fresh, sterile recommended storage and disinfection solution prior to disinfecting the lenses. Eye care practitioners may recommend a lubricating/rewetting solution, which can be used to wet (lubricate) lenses while they are being worn to make them more comfortable. Note: Some solutions may have more than one function, which will be indicated on the label. Read the label on the solution bottle, and follow the instructions.

General Lens Care

1. Clean and Rinse, Then Disinfect Lenses
   1. Rub and Rinse Time
      Instruction for Use: Follow the complete recommended lens rubbing and rinsing times in the labeling of your solution used for cleaning, disinfecting and storing your lenses to adequately disinfect your lenses and reduce the risk of contact lens infection.
      WARNING: • Rub and rinse your lenses for the recommended amount of time to help prevent serious eye infections. • Never use water, saline solution, or rewetting drops to disinfect your lenses. These solutions will not disinfect your lenses. Not using the recommended disinfectant can lead to severe infection, vision loss or blindness.
   2. Soaking and Storing Your Lenses
      Instruction for Use: Use only fresh contact lens disinfecting solution each time you soak (store) your lenses.
      WARNING: Don’t reuse or “top-off” old solution left in your lens case since solution reuse reduces effective lens disinfection and could lead to severe infection, vision loss or blindness. “Topping-Off” is the addition of fresh solution to solution that has been sitting in your case.
   3. Lens Case Care
      Instruction for Use: • Clean contact lens cases with digital rubbing using fresh, sterile disinfecting solutions/contact lens cleaner. Never use water. Cleaning should be followed by rinsing with fresh, sterile disinfecting solution (use water) and wiping the lens cases with fresh, clean tissue is recommended. Never air dry or recap the lens case lids after use without any additional cleaning methods. If air-drying, be sure that no residual solution remains in the case before allowing it to air-dry. • Replace your lens case according to the directions given to you by your eye care practitioner or the labeling that came with your case. • Contact lens cases can be a source of bacterial growth.
      WARNING: Do not store your lenses or rinse your lens case with water or any non-sterile solution. Only use fresh solution so you do not contaminate your lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.
   4. Water Activity
      Instruction for Use: Do not expose your contact lenses to water while you are wearing them.
      WARNING: Water can harbor microorganisms that can lead to severe infection, vision loss or blindness. Exposure to water while wearing contact lenses in activities such as swimming, water skiing, and hot tubs may increase the risk of corneal infection including but not limited to Acanthamoeba keratitis. If your lenses have been submersed in water, you should thoroughly clean and disinfect them before insertion. Ask your eye care practitioner (professional) for recommendations about wearing your lenses during any activity involving water.

Lens cleaning, disinfection, and storage:

Clean one lens first (always the same lens first) to avoid mix-up, rinse the lens thoroughly with recommended saline or disinfecting solution to remove the cleaning solution, mucus, and film from the lens surface, and position it in the correct chamber of the lens storage case. Then repeat the procedure for the second lens. After cleaning, disinfect lenses using the system recommended by the manufacturer and/or the eye care practitioner. To store lenses, disinf ect and leave them in the closed/unopened case until ready to wear. If lenses are not to be used immediately following disinfection, the patient should be instructed to consult the package insert or the eye care practitioner for information on storage of lenses.

Chemical (NOT HEAT) Lens Disinfection:

1. Wash and rinse your hands THOROUGHLY BEFORE HANDLING LENSES.
2. After removal of lenses, CLEAN the lenses by applying three drops of cleaner to each surface. Then rub the lens between your fingers for 20 seconds.
3. AFTER CLEANING, thoroughly rinse both surfaces of the lens with a steady stream of fresh, sterile rinsing solution for approximately 10 seconds.
4. Fill contact lens carrying case with the recommended disinfection and storage solution and place lenses in the proper cells and soak as indicated in solution labeling.

Note: DO NOT HEAT THE DISINFECTION SOLUTION AND LENSES.

Lenses that are chemically disinfected may absorb ingredients from the disinfecting solution, which may be irritating to the eyes. A thorough rinse in fresh, sterile saline solution prior to placement on the eye should reduce the potential for irritation.

Lens care cleaning and maintenance:

Contact lens cases can be a source of bacteria growth. After removing the lenses from the case, empty and rinse the lens storage case with solution as recommended by the lens case manufacturer, then allow the lens case to air dry. When the case is used again, refill it with storage solution. Replace lens case at regular intervals as recommended by the lens case manufacturer or your eye care practitioner.

Lenses Care Regimen:

Patients must adhere to the lens care regimen recommended by their eye care practitioner for the lens care of ALDEN SOFT CONTACT LENSES. Failure to follow this procedure may result in development of serious ocular infections.

Care for a Dried out (dehydrated) Lens:

If for some reason, your lenses dry out completely, it is important to minimize handling, as they are very brittle in the dehydrated state. Carefully place them in rinsing or storage solution for a minimum of thirty minutes during which time they will become soft and flexible. Then follow the cleaning, rinsing, and disinfecting procedures - including soaking the lenses in storage and disinfection solution for four hours before wearing again.

Care for a sticking (nonmoving) lens:

If the lens sticks (cannot be removed), the patient should be instructed to apply 3 to 4 drops of the recommended lubricating or rewetting solution directly to the eye and wait until the lens begins to move freely on the eye before removing it. If non-movement of the lens continues after 15 minutes, the patient should IMMEDIATELY consult the eye care practitioner.

Storage:

The ALDEN SOFT CONTACT LENSES must be stored only in the recommended solutions. If left exposed to the air, the lenses will dehydrate. If lenses dehydrate, reference above section on caring for dried out (dehydrated) dry lens.

Lens Deposits and Use of Enzymatic Cleaning Procedure

Enzyme cleaning may be recommended by the eye care practitioner. Enzyme cleaning removes protein deposits on the lenses. These deposits cannot be removed with regular cleaners. Removing protein deposits from the lenses for the well-being of the patient’s lenses and eyes. If these deposits are not removed, they can damage the lenses and cause irritation.

Enzyme cleaning does NOT replace routine daily cleaning and disinfecting. For enzyme cleaning, the patient should carefully follow the instructions in the enzymatic cleaning labeling.

Recommended Lenses Care Products

The eye care practitioner should recommend a care system that is appropriate for the ALDEN SOFT CONTACT LENSES. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed.

Emergency:

The patient should be informed that if chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into the eyes, the patient should:

FLUSH EYES IMMEDIATELY WITH TAP WATER AND IMMEDIATELY CONTACT THE EYE CARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.

How supplied:

Each lens is supplied sterile in a glass vial containing 0.9% buffered saline USP. The glass vial is marked with the base curve, diameter, dioptic power, color, manufacturing lot number, and expiration date of the lens.

Reporting of Adverse Reactions:

All selecting adverse experiences and adverse reactions observed in patients wearing ALDEN SOFT CONTACT LENSES should be reported to:

Alden Optical
8 Lancaster Pkwy
Lancaster, NY 14066 USA
1-800-253-3689

Revision: August 2019