

C O N G R A T U L A T I O N S !



You have just been prescribed the most
technologically advanced contact lenses to
correct your vision!



Lens Handling and Care

Things to expect

As you begin wearing your Duette™ hybrid contact lenses, you should expect a brief period of adaptation to become fully accustomed to the feel of the lenses and the lens care and handling routine. Once you have worn your Duette™ lenses for a few days, they will provide comfort similar to a soft contact lens.

Inserting, removing, and cleaning Duette™ lenses requires special care, different from soft or “hard” lenses. Your eye care professional will review the following instructions with you before sending you home with your new lenses.

Instructions for insertion

Wash your hands with a mild, lanolin-free soap and dry with a clean, lint-free towel before handling lenses. To reduce the risk of switching your lenses, practice handling your lenses in the same order.

- Begin by rinsing the contact lens with a steady stream of multipurpose solution.
- If the contact lens soft skirt folds into the bowl or creases, gently smooth it out with your finger prior to inserting.



Instructions for insertion

- Support the lens between your index and middle finger and place a few drops of solution into the bowl of the lens.

Two-Finger Method



- If you have difficulty supporting the lens on two fingers you can use the “tripod method” by pinching together your thumb, pointer and middle fingers to support the lens.

Tripod Method



DMV Inserter

- Another option is to place the lens on a DMV inserter.



Instructions for insertion

1. Lean forward and tuck your chin to your chest. Your nose should be pointed towards the floor. It may be helpful to place a mirror flat on the counter and look into the mirror as you insert the lens.



2. Using one hand, reach from above and place your finger at the base of your lashes. Pull the upper lid back.



3. Using your ring finger on the hand holding the lens, pull down your lower lid and gently lift the lens up to the eye and place the lens on the eye.



Instructions for removal

Do not put any lubricating drops or solution into the eye prior to removal. It is important to **be sure your hands are completely dry before attempting to remove your lenses.** This will optimize the gripping effect of the fingers on the edge of the lens.

1. Make the "OK" sign with your thumb and forefinger and turn your hand until the circle is vertical.



2. Using one hand, reach from above and place your finger at the base of your lashes. Pull the upper lid back.



Instructions for removal

- Using your ring finger on the opposite hand, pull down your lower lid and place the pads of your fingers on the soft lens skirt at the 6 o'clock position at the very bottom of the skirt.



- Using the pads of your fingers, not your fingernails, gently pinch the soft lens skirt at the very bottom. Slowly pull the bottom edge of the lens away from your eye.



- If your fingers become wet from removing the first lens, be sure to completely dry them again before removing the other lens.



Be sure to clean your Duette™ lenses daily

Follow the instructions in this booklet for proper lens cleaning and disinfection after removal. To maintain a comfortable and safe lens wearing experience, your lenses must be cleaned each day after wear, before overnight storage.

1. Rinse your lenses with solution. Never rinse or store your lenses with tap water.
2. Place the lens bowl-side up in the palm of your hand and apply a few drops of solution.
3. With the pad of your finger gently rub the entire lens in a circular motion against the palm of your hand. Be sure to thoroughly clean the entire lens and then rinse it well in a steady stream of solution.



4. Disinfect using ~~Clear Care~~ Clear Care® disinfection system or a multi-purpose solution approved for use with Duette™ lenses ([please see back cover for list of approved lens care systems](#)). Be sure to follow instructions and read important safety information provided with the care system packaging.
 - a. Clear Care® is different from a multi-purpose solution. Clear Care® only works with the special lens case provided with the Clear Care® system and lenses must soak for a minimum of 6 hours prior to insertion. Please see Clear Care® packaging for complete directions, or visit www.clearcaresolution.com.

