

YOUR EYES ARE PRECIOUS
Please read about your new contact lenses'
Instruction for use

IMPORTANT

DESCRIPTION

Monthly Fine UV shows spherical lens design and available as a spherical lens for single vision.

This lens material is a copolymer of 2-hydroxyethyl methacrylate cross-linked with ethylene glycol dimethacrylate. An UV absorbing compound is incorporated into the lens polymer. Further, this lens is tinted with blue to make the lens more visible for handling.

INTENDED USE

Correction of vision

INDICATIONS

Monthly Fine UV is indicated for daily wear for the correction of refractive ametropia (myopia and hyperopia) in not aphakic persons with non-diseased eyes.

INSTRUCTIONS OF USE

Monthly Fine UV is daily wear soft contact lenses and must be replaced monthly after opening. After removing your lenses from your eyes, follow the proper lens care regimen using either a chemical disinfection system.

• Instructions on handling lenses

1. Keep your fingernails short and smooth to avoid scratching your eye or your lenses.
2. Always wash your hands with soap and rinse carefully before handling your lenses. Lenses may become contaminated if you do not wash your hands properly.
3. Always handle your lenses somewhere that is well-lit, clean and sterile.
4. Your contact lenses may become damaged depending on how you handle them.

• Checking the lenses and blister pack packaging

1. Check which lenses are for the right eye and which lenses are for the left eye.
2. Check if there is anything wrong with the lenses and blister pack packaging before opening. If there is anything wrong, for example, if there is any damage or leakage, do not open and contact the point of purchase.

• Removing the lenses from the blister pack packaging

1. Break off the blister pack packaging by folding down the sides.
2. Remove the label, keeping a firm hold on the blister pack and the label. When doing this, be careful not to cut your hand on the blister pack or label. Also note that the lens storage solution inside the blister pack may splash upon removal of the label.
3. Remove the lens from the blister pack packaging by sticking the lens to the pad of your index finger. Alternatively, turn the blister pack packaging upside down and empty the lens together with the storage solution into the palm of your hand. Take care, because if you dig your nail into the lens or scrape the lens on the rim of the blister pack packaging on removal, the lens may be damaged.

• Checking the lenses

1. Hold the edges of the lens from the side and gently move up and down to remove the liquid.
2. Put the concave surface on the index finger of your dominant hand and check which is the right side and which is the wrong side of the lens. A lens has a right side and a wrong side.
Ensure that the lens is not inside out. Place the lens on your right index finger and verify the shape. (fig. 1 and 2)

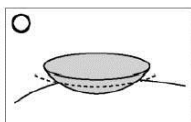


fig. 1

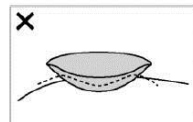


fig. 2

3. Check if there is anything wrong with the lens, for example, deformation, discolouration, foreign matter, damage, scratches and dirt, and do not wear the lens if there is anything wrong with it.

• Inserting lenses

1. Put the lens onto your finger, and, with the middle finger of the same hand, pull down your lower eyelid. With the index finger of your other hand, pull up your top eyelid. If you put your finger on your eyelash line, you can open your eyes wide.
2. Look in the mirror so that your cornea comes into the center of your eye. Slowly bring the lens close to your eye and put it gently in place, still looking in the mirror. If you glance upwards when doing this, the lens will not be properly centered on your cornea.
3. When you have placed the lens properly on the cornea, slowly remove your index finger and then remove your fingers which had been holding your eyelids, starting with the bottom lid first and then the top lid. If you remove your fingers quickly and blink your eye shut, the lens may change position or fall out.
4. Check in the mirror that the lens is on top of your cornea and, covering the opposite eye with your hand, check your sight in your right and left eyes.
5. Follow the same procedure to fit the lens in your other eye.

• Removing the lenses

1. Check the position of the lens in the mirror.
2. Looking straight in the mirror, hold the mirror upward and look at the eye reflected in the mirror.
3. With your middle finger, slowly pull your lower lid down, and with the index finger of the same hand, move the lens down from the cornea.
4. In this position, use the pads of your thumb and index finger to gently take hold of the bottom of the lens.
To avoid scratching your eye, take care not to touch your eye directly with the tips of your fingers or your fingernails.
If you are unable to remove the lens, blink several times and then try again.

• Lens care

1. Since protein and lipids in your tears will become attached to the surface of your contact lenses as you wear them, it is important to follow the lens care regimen for washing, rinsing, disinfecting and storing your lenses. Failure to follow the lens care regimen causes lenses to become dirty and may result in serious eye disorder or eye infection.
2. Use lens care products suitable for soft contact lenses. You can use either a chemical or heat disinfection system.
3. Use lens care products according to their accompanying booklet or instructions.
4. The extent to which lenses become dirty varies from person to person. If your lenses tend to become dirty, try rubbing your lenses with a cleaning solution or using a protein removal liquid. If the dirt will not come off, even if you have not worn the lens for a full two weeks, replace it with a new one.
5. When following the lens care regimen, use a plug or contact lens sink mat to prevent the lenses from being washed away.
6. Replace your lens case roughly every one or two months. Prolonged use will result in a proliferation of bacteria due to the build-up of dirt, rendering disinfection inadequate and leading to eye disorders.

CONTRAINDICATIONS

1. Medical conditions

Acute and sub-acute inflammation of the anterior eye, Eye infection, Uveitis, Reduced corneal sensitivity, Dry eye or lacrimal apparatus disease to an extent that poses a problem for wearing lenses, Eyelid disorder, Allergy to an extent that affects the wearing of lenses, Other diseases which would hinder use of contact lenses

2. Environmental conditions

Anyone living or working in dry environments
Anyone living or working in an environment where dust or chemicals are likely to enter the eye

3. Personal qualities

Anyone who cannot follow the recommendations of their eye care practitioner, anyone who cannot use contact lenses properly, anyone who fails to attend regular check-ups, anyone who cannot follow the hygiene routine required to wear contact lenses, anyone who has an extremely nervous disposition

WARNINGS

• Even when used properly, they may cause eye disorders such as the following, and if left untreated, these eye disorders may become serious or may result in loss of sight. To wear your contact lenses safely, be sure to read this Instruction for Use carefully and to follow the instructions of your eye care practitioner and the proper methods for handling contact lenses.

Example for eye disorders

• Corneal edema • Corneal ulcer • Corneal infiltration • Corneal epithelial erosion
• Keratitis (including infectious keratitis) • Conjunctivitis (including giant papillary conjunctivitis)
• Possibility of speeding up reduction in corneal endothelial cells
• Possibility of changing the shape of the cornea
• Lenses may be damaged or become damaged.

If you have inadvertently worn a lens which is damaged or otherwise faulty, or if a lens becomes damaged while you are wearing it, remove the lens immediately and consult your eye care practitioner immediately, regardless of whether you have any subjective symptoms.

PRECAUTIONS

• Be sure to read this Instruction for Use carefully before using your contact lenses, and if you are in any doubt about the terms or information contained herein, please consult your eye care practitioner for clarification before using the lenses.

• Retain this Instruction for Use for future reference.

1. Do not wear contact lenses that are damaged
2. Do not use contact lenses past their trial period
These lenses are daily wear soft contact lenses that must be replaced on monthly basis.
3. Do not wear contact lenses for longer than the recommended wearing period
4. Use contact lenses properly in accordance with recommended methods for handling contact lenses
5. Always attend regular contact lens check-ups
6. If you experience any problem at all, consult your eye care practitioner immediately
7. Always insert lenses promptly after opening, as lenses may become contaminated. If you do not use straight away, store according to the instructions of care products.
8. Avoid rubbing your eyes while wearing lenses, as this may result in scratches to your eyes or displacement of the lenses.
9. Do not mix up right and left lenses, as doing so may result in impairment of vision and discomfort.
10. Make sure you have appropriate glasses to use in case you are unable to wear your contact lenses due to the condition of your eyes or for other reasons, or after you have worn your lenses for the wearing period recommended by your eye care practitioner. Continuing to wear your contact lenses regardless may cause eye disorders or other problems.
11. Do not wear contact lenses for driving or operating machinery until you are used to them.
12. If a lens becomes decentered or falls out while you are driving or operating machinery, stop driving or operating the machinery promptly after making sure that it is safe to do so.

13. Follow the instructions of your eye care practitioner if using eye drops while wearing contact lenses.

14. Do not allow cosmetics, pharmaceuticals or other substances to come into contact with your lenses. If cosmetics (eyeliner, cleansing products, etc.) become attached to your lenses through your tears, this may result in discolouration or deterioration.

15. When your eyes are exposed to strong wind (when riding a motorbike or bicycle, skiing, in strong wind, etc.), always use some kind of protection against the wind such as sunglasses or goggles. Failure to do so may result in uncomfortably dry lenses or the loss of a lens.

16. Always remove your lenses for swimming, as failure to do so may result in problems such as an eye disorder or the loss of a lens.

17. Always remember to take spare lenses and glasses with you when you go on a trip, etc. in case you lose or damage your lenses.

18. If solvents such as household detergents get in your eyes, remove your lenses immediately, and consult your eye care practitioner. In such cases, it is advisable to not rely on your own judgment in deciding to use eye drops, etc.

19. Never wear someone else's lenses or give your lenses to someone else, as this may result in problems such as use of the wrong lenses or eye disorders.

20. Do not wear on top of other lenses, as doing so may result in problems such as eye disorders.

21. Do not use anything other than lens care products (for example, tap water) to care for your lenses. Also do not use a mixture of different types of lens care products, as this may result in eye disorders or cause deformation of the lenses, making them unusable.

22. Users who find it difficult to insert or remove contact lenses themselves such as children or elderly people should consult their eye care practitioner for appropriate guidance.

23. Pregnant women may experience some difficulty wearing contact lenses that were once comfortable or experience a temporary deterioration in their vision, and they should seek appropriate guidance where necessary.

24. People who suffer with allergies may be more prone to diseases of the eyes and skin than other users. And, if you have metal allergy they should seek appropriate guidance where necessary because a metal pigment is used in circular tinted area.

25. Use of contact lenses may be affected by illness, pregnancy, childbirth, use of medications, physical condition, eye conditions, and living environment. The conditions in which you wear contact lenses may also change after you have started wearing contact lenses. Always seek appropriate guidance where necessary.

POTENTIAL ADVERSE EFFECTS

—Until you are used to your lenses—

Until you are used to your lenses, you may experience symptoms such as the following. Symptoms vary from person to person but will gradually diminish as you become used to your lenses. However, if you experience acute symptoms or if symptoms persist, stop wearing your lenses and promptly consult your eye care practitioner.

- Slight discomfort
- Slightly bloodshot eyes
- Unstable vision
- Watering eyes
- Itchy eyes



SEED CO., Ltd.
2-40-2 Hongo, Bunkyo-ku, Tokyo, Japan

