
PATIENT CARE GUIDE

The BOSTON® Lens II
(itafocon A)
The BOSTON® Lens IV
(itafocon B)
Contact Lenses

Silicone Acrylate
Rigid Gas Permeable
Contact Lenses
For
Daily Wear

IMPORTANT:
Please read carefully and keep this
information for future use

**THE BOSTON
LENS II**

**THE BOSTON
LENS IV**

BLINK METHOD:

Seat yourself at a table covered with a clean towel and lean over until you are looking down at the surface.

1. Place your index finger at the outer junction of your upper and lower lids, stretch the skin outward and slightly upward. (Do not allow your lid to slide over the lens.)
2. Blink briskly. The lens will be pinched by the pressure of your eyelids and the lens will pop out onto the clean surface of the towel, or you may catch the lens in the palm of your hand.

Alternative lens removal procedures can be explained to you by your eye care practitioner should you encounter any difficulty with these techniques.

In rare instances, or due to improper performance of insertion or removal techniques, a lens may be displaced onto the white part of the eye during wear. Don't be alarmed. Follow either of these procedures:

Close your eyelids and gently massage the lens into place through the closed lids. — OR — Gently push the off-centered lens onto the cornea while the eye is opened using finger pressure on the upper or lower lid next to the edge of the lens.

CLEANING AND CONDITIONING THE LENS

THESE LENSES MUST BE BOTH CLEANED AND CONDITIONED. ONE PROCEDURE DOES NOT REPLACE THE OTHER. The surfaces of your lenses must be cleaned after removal from the eye to remove any debris or eye secretions which have accumulated during wear. Mucus and oil or tear component build-up on lenses can cause irritation and discomfort and reduce clarity.

It is recommended that you use BOSTON Cleaner prior to overnight storage and disinfection in BOSTON Conditioning Solution.

TO CLEAN

Gently rub the lens carefully with several drops of cleaner in the palm of your hand for twenty (20) seconds so that both surfaces are clean.

Because of the chemical composition of these lenses, it is *not* necessary to rub too vigorously or apply excessive pressure during cleaning.

REMOVE ALL TRACES OF CLEANER BY THOROUGHLY RINSING WITH FRESH TAP WATER.

TO CONDITION

Place the lens in your lens storage case and cover each lens with a fresh supply of conditioning solution and soak for at least 4 hours (or overnight).

TO DISINFECT

Your lenses will be disinfected when you have cleaned them, rinsed with fresh tap water to remove the cleaning solution and soaked for at least four hours (or overnight) in fresh conditioning solution.

LENS CARE REVIEW

1. Wash hands with mild soap.
2. Clean the lenses, RINSE THOROUGHLY, place in the lens case and cover each lens with conditioning solution.
3. After removing the lens from soaking in the lens storage case, rinse briefly in conditioning solution, if desired, and insert.
4. If a lens is removed from the eye temporarily, and is to be immediately reinserted, rub several drops of conditioning solution on both surfaces of the lens prior to reinsertion.
5. If minor irritation, discomfort or blurring occur while wearing your lenses, instill 1 to 3 drops of a reconditioning solution, such as BOSTON Reconditioning Drops, into each eye while the lenses are on the eye, as recommended by your eye care practitioner.
6. Prior to storing the lens in the lens storage case, use fresh conditioning solution.

CAUTION: The cleaner will irritate your eyes unless it is thoroughly rinsed from your lenses. Use BOSTON Cleaner only before overnight storage. NEVER USE IT JUST BEFORE YOU INSERT YOUR LENSES.

IF BOSTON CLEANER IS ACCIDENTALLY INSTILLED INTO THE EYE, REMOVE YOUR LENSES (if being worn) AND IMMEDIATELY RINSE YOUR EYES WITH COOL FRESH TAP WATER UNTIL ALL BOSTON CLEANER IS THOROUGHLY REMOVED FROM EYE.

LENS CARE AND HANDLING TIPS

1. Before handling the lenses wash your hands with a mild soap, rinse thoroughly and dry hands with a lint-free towel. Avoid the use of hand creams, medicated or deodorant soaps prior to inserting or removing your lenses. Keep your fingernails short.
2. Make-up should be applied after the lenses are inserted. Do not apply cosmetics to the margin of your lids. Hair spray is best used before the lenses are inserted.
3. ALWAYS HANDLE YOUR LENSES GENTLY AND AVOID DROPPING THEM ON HARD SURFACES. Work over a flat, towel-covered surface. If it is necessary to retrieve your lens from a hard surface, moisten your finger with conditioning solution and then gently touch the lens. If this is unsuccessful, float the lens in a small pool of the solution and retrieve it by sliding a plastic card under the lens in a rapid scooping motion. Do not slide the lens or attempt to pick it up with your fingernails or other sharp objects. Do not handle the lens by the edges. Excessive pressure may distort the lens.
4. To avoid mix-ups, never allow both compartments of your storage case to be open at the same time. Be certain that each lens is fully covered by conditioning solution. Clean your storage case twice weekly with several drops of cleaner in hot water followed by thorough rinsing.

- Always check your vision immediately after each lens is inserted. If it remains blurred, inspect your fingers and lashes before searching for the lens on the white part of your eye or in your working area.
- Do not insert lenses if your eyes are red, watery, or uncomfortable.
- If you experience sudden pain, burning or tearing that persists after 2 or 3 blinks, remove your lens and do not reinsert until these symptoms have disappeared. Call your practitioner if the discomfort persists. Before inserting your lens, condition the lens by rubbing several drops of conditioning solution over both surfaces.
- BOSTON Solutions are the recommended care system for cleaning, wetting and soaking your lenses. Never use saliva, lighter fluid or detergents.
- If the comfort and clarity of your lenses become noticeably reduced, the lenses may require professional cleaning by your eye care practitioner. Your eyes and lenses should be checked at least once a year or as recommended by your eye care practitioner.

WEARING SCHEDULE

THE WEARING SCHEDULE SHOULD BE DETERMINED BY THE EYE CARE PRACTITIONER. Patients tend to overwear lenses initially. It is important to adhere to the initial wearing schedule.

DAILY WEAR — (DURING WAKING HOURS)

The suggested wearing schedule for these lenses are:

Day	Wearing Time
1	4 to 8 Hours
2	6 to 10 Hours
3	8 to 14 Hours
4	10 to 15 Hours
5	12 to All Waking Hours
6	All Waking Hours

WARNING: The BOSTON LENS II and The BOSTON LENS IV lenses are NOT intended for extended wear.

*if the lenses continue to be well tolerated.

SUMMARY

On occasion, the lenses may temporarily stick to the eye. If this occurs, instill 2-3 drops of BOSTON Reconditioning Drops as recommended by your eye care practitioner, with the lenses on the eye, and gently rub the closed eyelids to allow the lenses to move freely. You will not be uncomfortable and may not experience blurred vision if this occurs.

If you follow these instructions, your lenses will provide good vision and wearing comfort.

It is recommended that you use BOSTON Solutions for the care of your lenses. They are available through your eye care professional or your local drugstore. PROBLEMS WITH CONTACT LENSES AND LENS CARE PRODUCTS COULD RESULT IN SERIOUS INJURY TO THE EYE. It is essential that you follow your eye care practitioner's directions and all labeling instructions for proper use of your lenses and lens care products. EYE PROBLEMS, INCLUDING CORNEAL ULCERS, CAN DEVELOP RAPIDLY AND LEAD TO LOSS OF VISION; THEREFORE, IF YOU EXPERIENCE EYE DISCOMFORT, EXCESSIVE TEARING, VISION CHANGES, OR REDNESS OF THE EYE, IMMEDIATELY REMOVE YOUR LENSES AND PROMPTLY CONTACT YOUR EYE CARE PRACTITIONER.

PRECAUTIONS

Clinical studies have demonstrated that contact lenses manufactured from The BOSTON LENS II (itafocon A) and The BOSTON LENS IV (itafocon B) lens materials are safe and effective for their intended use. However, the clinical studies may not have included all design configurations or lens parameters that are presently available in the material.

Consequently, when selecting an appropriate lens design and parameter the eye care practitioner must consider all factors that affect lens performance and ocular health. The potential impact of these factors must be weighed against the patient's needs; therefore, the continuing ocular health of the patient and lens performance on the eye should be carefully monitored.

INTRODUCTION

Your eye care practitioner has fit you with contact lenses known as The BOSTON LENS II or The BOSTON LENS IV. These lenses are manufactured from The BOSTON LENS II and The BOSTON LENS IV lens materials. It is essential that you strictly follow the recommended handling, cleaning and storage procedures. Failure to do so may eventually impair the performance of your lenses.

These lenses are intended for daily wear. The BOSTON LENS II & IV have been approved in clear, blue, or dark blue. The tinted lenses contain D&C Green No. 6. The BOSTON Lens II is also available as a green tinted lens and contains the color additives D&C Green No. 6 and D&C Yellow No. 10.

THE BOSTON™ CARE SYSTEM

BOSTON™ Cleaner contains a patented ingredient that removes natural eye secretions and debris which firmly adhere to rigid gas permeable lenses. A cleaner, such as BOSTON Cleaner, should be used daily to remove surface deposits. These deposits may reduce the comfort and clarity of your lenses, eventually requiring professional cleaning by your eye care practitioner.

A conditioning solution, such as BOSTON™ Conditioning Solution, is designed for wetting, soaking, and disinfecting your lenses. It is formulated for optimum compatibility with these lenses. BOSTON Conditioning Solution contains a patented ingredient that binds to the surface of your lenses to maximize their comfort. Reconditioning drops, such as BOSTON™ Reconditioning Drops, can be instilled directly in the eye to enhance lens wettability characteristics and reduce friction against the cornea. They relieve minor irritation, discomfort and blurring which may occur during lens wear.

BOSTON Solutions are the recommended care solutions for these contact lenses.

HANDLING YOUR LENSES

It is essential that you learn and always use good hygiene in the care and handling of your lenses. Cleanliness is the first and most important aspect of proper contact lens care. ALWAYS wash your hands thoroughly with a mild soap and dry them with a lint-free towel before touching your lenses. Do not use soaps containing cold cream, lotion, or deodorants. In handling the lenses, use your fingertips, not your fingernails. A fingernail can injure your eye and/or damage the lens. Get into the habit of using proper hygienic procedures daily so that they become automatic. To avoid mix-up of lenses, always start with the right lens. Examine the lens to be sure that it is clean, uniformly wet, and free of deposits before inserting.

INSERTING YOUR LENSES

After thoroughly washing and rinsing your hands, follow these steps to insert the lens:

- Remove the lens from its storage compartment.
- Rinse the lens with fresh conditioning solution, if desired.
- Inspect the lens to be sure that it is clean, uniformly wet and free of debris.
- Rub several drops of conditioning solution over the lens surfaces.
- Place the lens on the top of the index finger of your dominant hand. Place the middle finger of the same hand close to the lower lash and hold down the lower lid.
- Use the forefinger or middle finger of your other hand to lift the upper lid and then place the lens on the eye. It is not necessary to press the lens against the eye.
- Gently release the lids and blink. The lens will center automatically. Always verify its proper position by checking your vision immediately after insertion.
- Use the same technique or reverse the hand when inserting the other lens. If your vision is blurred (3-4 blinks) after insertion, it is possible that:
 - The lens is off-center
 - The lens may be inserted in the wrong eye
 - The lens surface may have particulate matter on it

Remove the lens and condition it by rubbing several drops of conditioning solution on both surfaces and reinsert. — OR — Instill one to three drops of a reconditioning solution, such as BOSTON Reconditioning Drops, into the eye while the lens is on the eye, as recommended by your eye care practitioner.

REMOVING YOUR LENSES

Before removing your lenses, it is recommended that you have the following items available:

1. The lens storage case.
2. BOSTON Cleaner.
3. BOSTON Conditioning Solution.
4. A clean towel.

There are two suggested methods of lens removal:

TWO FINGER METHOD:

1. Place your hand or a towel under your eye to catch the lens.
2. Place the tip of the forefinger of one hand on the middle of the upper lid margin and the forefinger of the other hand on the middle of the lower lid margin.
3. Press the lid margins inward and then together. The lens should be wedged out of your eye onto your hand or towel.
4. The lens may come out but remain on your eyelid or hand or be decentered onto the white part of your eye.

If the latter occurs, recenter the lens onto your cornea before repeating the removal procedure.