

How to remove your lenses:



1. Using one hand, pull your upper lid back.
2. Using your ring finger on the opposite hand, pull down your lower lid gently.
3. With dry fingers, pinch the bottom of the soft skirt and pull the lens away from your eye. Be sure to keep the pads of your fingers together as you pinch.

Difference between removing Duette and soft contact lenses:

- Soft lenses are removed with a broad grasp. A soft lens bends and comes out.
- The Duette lens does not bend in the middle, so it needs to be removed with a narrow pinch – like picking a piece of lint off of a sweater.

How to clean your lenses:

Clean your Duette Multifocal lens daily with a soft lens daily cleaner containing alcohol.

1. Place the lens bowl-side up in the palm of your hand. Rinse your lenses with solution. **Never rinse or store your lenses with tap water.**
2. With the pad of your ring finger gently rub the entire lens back-and-forth against the palm of your hand. Be sure to thoroughly clean the entire lens and then rinse it well with solution.
3. Store your lenses in a multi-purpose solution or peroxide system. (Please see solutions list below).

It is important that you always follow your eye care professional's instructions. Based on your individual needs, your eye care professional may recommend additional products or procedures.

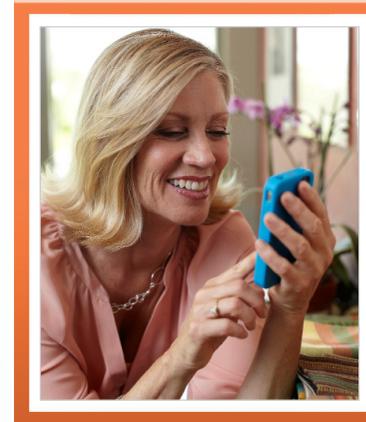
The following solutions may be used with Duette lenses: ClearCare^{®*}, Biotrue[™], AQuify[®] Opti-Free[®] RepleniSH, Complete[®], Renu[®].

For videos go online: www.DuetteContacts.com

Or for a 24 hour Duette Contact Lens Wearer hotline call: 855.5.DUETTE

*In some patients the tear chemistry may react with the 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.

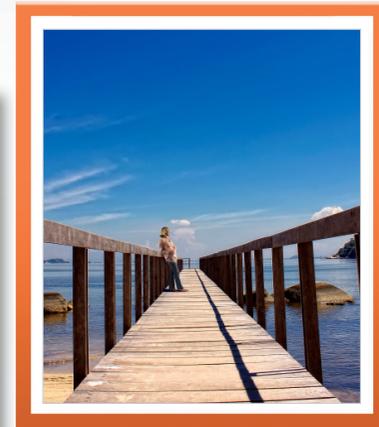
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Call or text effortlessly.



Enjoy a good read.



Bring the distance into focus.



Lens Handling & Care



Duette[™]
MULTIFOCAL
CONTACT LENSES

What to expect:

Duette™ Multifocal contact lenses allow you to see the world up close, far away and everywhere in-between. You may experience a brief period of adaptation as you become accustomed to the new multifocal optical system, the feel of the lenses, and the lens handling and care routine. Any “slight” lens awareness should go away as your wear time builds up. Once you have worn your Duette Multifocal lenses for a few days, they should provide comfort similar to a soft contact lens and you should be able to see clearly at near, intermediate and distance.

ADJUSTING TO MULTIFOCAL OPTICS

How do multifocal optics work?

Duette Multifocal contact lenses allow light rays from all distances entering your pupil to focus on the retina thereby optimizing vision at all distances. This requires an adjustment period which does not require any specific action on your part. Most people adjust within 1-2 weeks and then see well at all distances!

This is what your vision may look like before your brain adjusts to the multifocal optics:

Your vision can sometimes look like 3-D vision. Printed words may appear to come off of the page, or you may see shadows around objects at near. This effect typically resolves after approximately one to two weeks when the lenses are worn for 8-10 hours per day.

Is it normal to see this way?

Some people adapt to the multifocal vision system immediately, while others experience 3-D vision, shadows, or ghosting. If your eyes are seeing this way, consider it to be a positive thing! It indicates that your new contact lenses are working, and that once your eyes adjust, you will experience crisp, clear vision at all distances.

How long should I expect to see this way?

It is important to wear your new Duette Multifocal lenses for one to two weeks in order to allow your eyes to learn how to use the new multifocal optical system.

How to insert your lenses:

There is more than one way to handle your lenses. We recommend you pick the method that is the most comfortable for you.

Always wash your hands with a mild soap and dry them completely with a lint-free cloth (not a paper towel) before handling your lenses. So you don't get your lenses mixed up, it's a good idea to handle them in the same order each time.



Two-Finger Method



Tripod Method

- **Two-finger method:** Place the lens between your index and middle finger.
- **Tripod method:** Pinch together your thumb, pointer and middle fingers to support the lens.
- Occasionally, the soft skirt will fold over. Simply use your finger to flatten it out before putting on the lens.



1. Put a few drops of unpreserved saline in the bowl of the lens.
2. Pull up on your upper lid with one hand.
3. Pull down on your lower lid using the ring finger on the hand holding the lens, and gently place the lens on the eye.

Difference between inserting Duette Multifocal and soft contact lenses:

- Balance the Duette lens on 2 or 3 fingers instead of 1.
- Tilt your head down instead of looking straight forward.

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