

# GETTING STARTED GUIDE



## HIT THE GROUND RUNNING WITH ABILITI™ OVERNIGHT



**Welcome to Abiliti™ Overnight!** While your lenses are being custom-made to fit your eyes, it's a great time to go over the top things to know before you get started. That way you can feel confident, safe and comfortable as you incorporate these lenses into your nightly routine. To begin, there are four things to keep in mind:



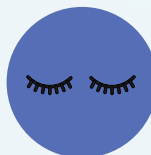
### Practice makes perfect.

Just like any time we learn a new skill, getting the hang of putting in and taking out Abiliti™ Overnight lenses can take time. Keep at it, and it should get easier.



### Crisp, clear vision takes time.\*<sup>1</sup>

Allow up to three weeks for vision correction to take effect. Your eye doctor may need to provide glasses or daily disposable contacts to wear during this time until your vision is consistently clear.



### The first few nights of wear are important.

It's recommended to wear your lenses for 8-10 hours for the first night, and then a minimum of 6 hours each night after that. The first night starts the process of gently reshaping the eye, and consistency with lens wear each night after that helps optimize the treatment.



### The lenses may take some time to get used to.

Abiliti™ Overnight lenses shouldn't hurt, but you likely won't forget you're wearing them for the first few nights. Remember, the lens will feel less noticeable with the eyes closed, since that's what they're designed for.

## TIPS FOR MAKING THE MOST OF YOUR LENSES<sup>1</sup>



- 1** It's recommended to put the lenses on about **15-20 minutes before sleep**, when you no longer need to focus on reading or screens. You can still see in the lenses, but they're made for a closed eye.
- 2** Put a drop of preservative-free solution into the bowl of the lens before putting on the lenses as instructed by your eye doctor.
- 3** Sleeping a minimum of 6 hours with the lenses in is recommended to maximize the benefits of the lenses.
- 4** Make sure the lens is loose on the eye before removal. Using lubricating drops that your eye doctor recommended before removing the lenses can help.
- 5** Follow the cleaning, care and handling instructions for your lenses provided by your eye doctor.
- 6** Complete all follow-up visits. These are important to correct any issues, and make sure the lens is working as expected.
- 7** If you notice any signs of pain, redness, light sensitivity or blurred vision beyond the initial adjustment period, discontinue wearing the lenses and call your eye doctor.
- 8** Talk to your doctor if the vision correction from Abiliti™ Overnight appears to become less effective over time, for instance, if it stops lasting all day.

## WHAT ELSE IS NORMAL DURING THE FIRST FEW WEEKS?<sup>1,2</sup>

Slight discomfort and/or awareness of the lenses on the eye.

Mild dryness and slight crusting in the corners of the eyes upon waking.

Blurred vision during the first 3 weeks of lens wear.

It's rare, but some patients experience glare and halos at night when it's dark, especially during the first few weeks of lens wear.

## THINGS TO AVOID<sup>1</sup>



- X Don't put the lenses in over a sink, near a drain.** Use a smooth, flat surface with a sterile piece of paper to make sure the lenses don't get lost or broken if dropped.
- X Don't use water or saliva on the lenses.**
- X Don't shower or swim wearing the lenses.**
- X Don't use the disinfecting solution directly in eye.**
- X If you drop the lens, don't move your feet.** Using a flashlight can help you see the lens that fell.

**Remember, we want your eyes to look good, feel good, and see well—if in doubt, take them out.** Please reach out to your eye doctor if you have any questions, concerns, or if any eye issues arise.

\* The lenses are indicated for reducing refractive error up to 6.00D of myopia, and up to 1.50D of astigmatism. Results may vary by patient and prescription level.

1. Data on File 2023. Instructions for use (FDA).

2. Lipson, M. & Bausch Health. (2019). Contemporary Orthokeratology. Contemporary Orthokeratology. Retrieved October 24, 2023, from [https://www.fit-boston.eu/downloads/orthok/Contemporary\\_OrthoKeratology.pdf](https://www.fit-boston.eu/downloads/orthok/Contemporary_OrthoKeratology.pdf).

**Important safety information for contact lens wearers:** ACUVUE® Abiliti™ Overnight Therapeutic Contact Lenses are available by prescription only for the management of myopia. An eye care professional will determine whether these contact lenses are right for you. Although rare, serious eye problems including vision loss and blindness can develop while wearing contact lenses. To help avoid these symptoms, follow the wear and replacement schedule and the lens care disinfection instructions provided by your eye care professional. Do not wear these contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, remove the lens and contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional, and review the Patient Instruction Guide, call 1-877-334-3937, or visit [www.seeyourabiliti.com](http://www.seeyourabiliti.com).