

**CONGRATULATIONS!**

**Duette**<sup>™</sup>

contact lenses for astigmatism

You are about to experience the high-definition vision  
and comfort only a hybrid contact lens delivers!



**Lens Handling and Care**



## What to expect:

Duette™ contact lenses deliver crisp, clear high-definition vision from the rigid lens center as well as comfort from the soft “skirt” surrounding the rigid lens. You may experience a brief adaptation period as you become accustomed to this lens. Any “slight” lens awareness should go away as your wear time builds up.

If you are a current contact lens wearer then inserting and removing your new Duette™ lenses is easy, it’s just a bit different than what you are used to. If you are new to contacts, once you practice a few times you’ll be a pro.

## How to insert your lenses:

There is more than one way to insert your lenses. We recommend you pick the method that you are the most comfortable with.

Always wash your hands with a mild soap and dry them well 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.

- Place the lens between your index and middle finger and put a few drops of solution in the bowl of the lens.
- If it’s hard to support the lens on two fingers you can use the “tripod method” by pinching 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 before putting on the lens.

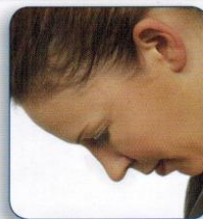
Two-Finger Method    Tripod Method



### Difference between inserting Duette™ and soft contact lenses:

- Balance the Duette™ lens on 2 or 3 fingers instead of 1.

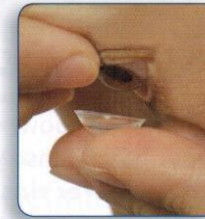
## How to insert your lenses:



1



2



3

1. Lean forward and look down at the floor. Sometimes it’s helpful to place a mirror flat on the counter to look into as you insert 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™ and soft contact lenses:

- Tilt head down instead of looking straight forward.

## How to remove your lenses:



1



2



3

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. Pinch the bottom of the soft skirt and pull the lens away from your eye.

### Difference between removing Duette™ and soft contact lenses:

- Soft Lenses are removed using 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 removing lint from a piece of clothing.



### **Be sure to clean your Duette™ lenses daily**

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 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 with solution.
3. Disinfect by storing in a multi-purpose solution approved for use with Duette lenses. (Please see list below of approved solutions.)



**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.**

Lens care systems approved for use with Duette™ lenses:

- Alcon OPTI-FREE® EXPRESS®
- Alcon OPTI-FREE® RepleniSH®
- AMO COMPLETE® Multi-Purpose Easy Rub™
- Bausch & Lomb Renu® Fresh™ Multi-Purpose Solution
- CIBA VISION AQUify® Multi-Purpose
- CIBA VISION ClearCare®

For more information on Duette™ and to view wear & care videos visit:  
[www.NewWayToSee.com](http://www.NewWayToSee.com)