

**Duette**<sup>®</sup>  
PROGRESSIVE  
CONTACT LENSES

Transform your vision  
with Duette Progressive.



*Lens Handling & Care*

## *How to put in your lenses:*

**Always wash your hands with mild soap and dry them well with a lint-free towel before handling the lenses.**

It is a good idea to handle your lenses in the same order each time to avoid getting them mixed up.

Putting in Duette Progressive lenses is just like putting in a soft contact lens.



1. Place the lens on the tip of your finger.

A drop of preservative-free lubricant can be added to the bowl, if desired.



2. Pull down on your lower lid and gently place the lens on your eye.

Slowly release your eyelid and blink several times.



Visit [www.SynergEyes.com](http://www.SynergEyes.com) to view handling & care videos, reference packaging insert, and learn more about Duette Progressive.

## How to remove your lenses:



1. Using one hand, pull your upper lid back.



2. Using your finger on the opposite hand, pull down your lower lid gently.



3. With **dry fingers**, pinch bottom of soft skirt at the 5 & 7 o'clock position – keeping the pads of your fingers together as you pinch. Hold the pinch for a count of two and lift the lens away from your eye. Dry your fingers before removing the next lens.

## What's the difference between removing Duette Progressive and soft contact lenses?

- Soft lenses are removed with a broad grasp. A soft lens bends and comes out.
- Duette Progressive does not bend in the middle, so it needs to be removed with a narrow pinch at the 5 & 7 o'clock position, *like picking a piece of lint off your clothing.*

## *Lens care instructions:*

### Clean Your Duette Progressive Lenses Daily



1. Place the lens bowl-side up in the palm of your hand. Rinse your lenses with a daily cleaner (approved for both soft and gas permeable contact lenses). **Never use tap water to rinse or store your lenses.**
2. With the pad of your ring finger, gently rub the entire lens in a circular motion against the palm of your hand. Be sure to thoroughly clean the front and back of the lens and then rinse it well with saline.
3. Store your lenses in either a hydrogen peroxide system OR multi-purpose disinfecting solution. (Please see solutions list on back page.)

*Avoid using oil-based cosmetics as they will permanently damage the surface of your Duette Progressive lenses.*

The recommended replacement schedule for Duette Progressive lenses is every six months.

It is important that you always follow your eye care professional's instructions. Based on your individual needs, your eye care professional may recommend a different replacement schedule.

## ***What to expect:***

Duette® Progressive contact lenses allow you to see the world up close, far away and everywhere in-between. You will become accustomed to the new progressive optical system after one to two weeks of routine lens wear.

## **Adjusting to Progressive Optics**

### **How do progressive optics work?**

Duette Progressive contact lenses allow light rays from all distances to enter your pupil and focus on the retina simultaneously. Your brain must learn to select the desired image at the proper time, which usually takes one to two weeks. Your vision will improve as you wear the lenses and give your brain the opportunity to adapt.

This is what your vision may look like before your brain adjusts to the progressive 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 up close. This effect typically goes away within 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 progressive visual system immediately while others experience 3-D vision, shadows, or ghosting. If you see this way, it means your lenses are working and your brain is learning to select the right image at the right time.

### **How long should I expect to see this way?**

It is important to wear your new Duette Progressive lenses for one to two weeks in order to allow your brain to learn how to use the new progressive optical system.

## *Lens care solutions:*

### **Disinfection Systems (use either a hydrogen peroxide or multi-purpose solution)**

- ClearCare® by Alcon\*
- Biotrue® by Bausch & Lomb
- Complete® by AMO
- renu® fresh™ by Bausch & Lomb



The standard of care for contact lenses recommends using a daily cleaner approved for both soft and gas permeable lenses. (Please reference lens care instructions on the inside of this brochure.)

If needed, use rewetting drops approved for both soft and gas permeable lenses, as directed by your eye care practitioner.

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

**For more information on Duette Progressive and to view handling & care videos visit [www.SynergEyes.com](http://www.SynergEyes.com)**