

Patient Care Instructions – AO Sept

On Removal (*morning*)

- 1) Instil Xailin or HydroForte lubricating drops immediately upon waking.
- 2) Remove lenses (except for first morning – leave in for review visit).
- 3) Place lenses in baskets of AO Sept lens case.
- 4) Fill lens case to line with AO Sept solution.
- 5) Store lenses in AO Sept lens case.
- 6) Leave lenses in AO Sept lens case until ready to wear at bedtime - lenses need to be in case for at least 6 hours in order to allow the solution to neutralise.
- 7) Note that AO Sept lens case and disc should be discarded and replaced monthly.

On Insertion (*bedtime*)

- 1) Instil Xailin or HydroForte lubricating drops 10 minutes before inserting lenses.
- 2) Instil Xailin or HydroForte lubricating drops again just prior to lens insertion
- 3) Insert lenses with Xailin or HydroForte lubricating drops on each lens.
- 4) Rinse case briefly and air dry.
- 5) Sleep in lenses overnight.

