

Contact Lens Instructions for Use



made in kyoto

**SUN CONTACT LENS**

Efforts in Contact Lens Medicine.  
Contact lenses tailored to the eye.



## Video Guides & Support

For your safety and comfort,  
please watch our instructional  
videos on proper lens handling.

Sun Contact Lens | 🔍

How to Access the videos:  
Scan the QR code or search for "Sun Contact  
Lens" to find our step-by-step guides.

<https://www.sun-con.com/howtouse/>



### Digital Package Inserts



MILD-UV



MILD-i



MILD-Epi



MILD-II

### For Lens-Related Eye Symptoms or Lost/Damaged Lenses

Consult the eye care professional or clinic where your lenses were prescribed.

### For general product inquiries:

Contact the Sun Contact Lens Customer Service Center :

Customer call ☎️ 0120-02-5565

Support available in Japanese only.

## Common Issues During Lens Wear

### ▶ Blurred Vision or Glare

**Symptoms:** Until you become accustomed to the lenses, your vision may change with each blink or sensitivity to light may occur.

**What to Do:** These symptoms typically improve over time. If they persist, consult an eye care professional.

### ▶ Hazy Vision After Removing the Lenses

**Symptoms:** Vision may be temporarily blurry after lens removal.

**What to Do:** If blurring lasts more than 2–3 hours, consult an eye care professional.

### ▶ Pain or Discomfort

**Possible Causes:** Lens deposits, insufficient rinsing, or physical damage such as cracks or chips.

**What to Do:** Remove and inspect the lenses immediately. If any abnormalities are found, stop using the lenses and consult an eye care professional.

**Note:** Rapidly increasing the lenses' wearing time may also cause pain during or after use.

### ▶ Cloudy or Foggy Lenses

**Possible Causes:** Lens deposits or the volume of natural tears.

**What to Do:** If the condition does not improve after proper cleaning and care, consult an eye care professional.

### ▶ Foreign Body Sensation

**Symptoms:** A sensation of 'something in the eye' usually decreases as you become accustomed to the lenses.

**What to Do:** If the sensation persists, consult an eye care professional.

### ▶ Dry Eyes or Lenses Feeling Stuck

**Possible Causes:** Lens deposits, tear volume, or lens fit.

**What to Do:** Consult an eye care professional.

## Safety Precautions for Contact Lens Use

Proper use and care will help your wear contact lenses safety.

### 1. Ensuring Eye Safety:

- Follow the handling instructions provided in the package insert.
- Adhere to your eye care professional's instructions regarding wearing time and regular check-ups.
- Do not wear lenses while sleeping.
- If you experience pain, redness, a foreign body sensation, or blurred vision, stop using the lenses immediately. Consult an eye care professional.
- Follow your eye doctor's guidance when using eye drops.

### 2. Preventing Lens Damage and Contamination:

- Keep your fingernails short and wash your hands thoroughly before handling lenses.
- Use dedicated lens care products and perform proper daily care.
- Do not allow cosmetics, nail polish remover, or adhesives to come into contact with the lenses.
- Do not wipe lenses with tissues, handkerchiefs, or eyeglass cleaning cloths.
- Do not soak lenses in hot water. Lenses cannot be disinfected by boiling.

### 3. Precautions During Insertion:

- Inspect the lenses for damage and debris before insertion.
- To avoid mixing up the left and right lenses, always start with the same side.
- To avoid losing a lens, remove the lenses before bathing, swimming, or washing your face.
- Consult an eye care professional regarding lens use during sports.

### 4. Use by Seniors, Pregnant Women, and Children:

- If a senior user finds handling the lenses difficult, an eye care professional should be consulted.
- Pregnancy or childbirth may change how the lenses feel. If you notice discomfort, consult an eye care professional.
- Children must use lenses under the guidance and supervision of a guardian.

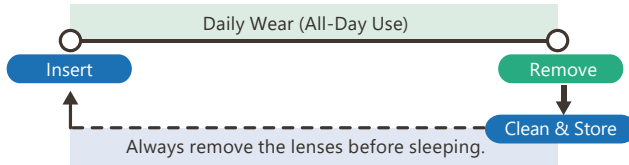
### 5. Other Precautions:

- When handling the lenses at a sink, plug the sink's drain or use a lens mat to prevent loss.
- When traveling abroad, bring your own lens care products and confirm whether the local tap water is safe to use.
- If tap water cannot be used for rinsing the lenses, prepare purified water specifically for contact lenses.
- Always keep a pair of glasses available in case of lens damage, loss, or eye problems.



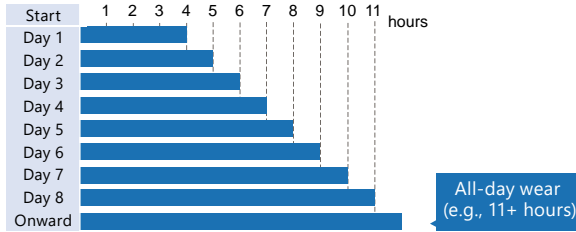
# Wearing Instructions & Schedule All-Day Wear

Use the lenses only while awake.



## Wearing Schedule

Follow your eye care professional's instructions. Begin with short wearing periods and gradually increase the time.



**Note:** Increasing the lens wearing time by one hour per day is a typical schedule.

## Temporary use discontinued

When restarting lens use after a discontinuation, begin again with short wearing periods.

If lenses have not been worn for one month or longer, consult an eye care professional before restarting.

## Regular Check-Ups

After becoming accustomed to the lenses, schedule a check-up every three months or as directed by your eye care professional.

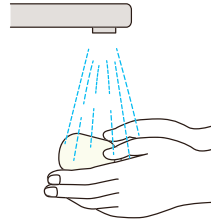


## Lens Care Routine

### Before Insertion

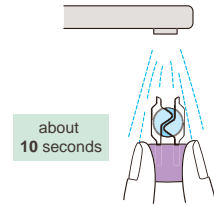
#### 1 Wash Your Hands:

Wash your hands thoroughly with soap and water.



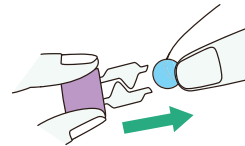
#### 2 Rinse the Lens:

Leave the lens in the lens clip and rinse it under running tap water for approximately 10 seconds.



#### 3 Insert the Lens:

Remove the lens from the clip and insert it into your eye.



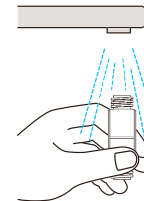
refer to the "How to Insert Lenses" section above for details.



### Storage Case Care After Lens Insertion

#### 4 Rinse the Storage Case:

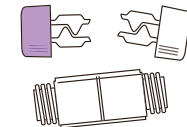
Rinse the lens storage case thoroughly with tap water.



#### 5 Air Dry the Storage Case.

Place the case on a paper towel or clean cloth and allow it to air dry completely.

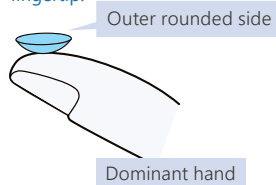
Air Dry



## How to Insert Lenses

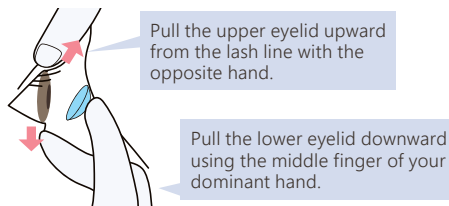
### 1 Place lens on fingertip

Place the lens on the tip of your index finger (dominant hand), with the outer rounded side of the lens against your fingertip.



### 2 Insert the lens:

Use both hands to hold your eyelids open, and gently place the lens on the iris.



### 3 Cover the opposite eye and confirm clear vision.



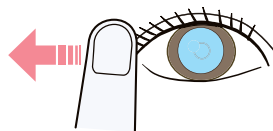
## How to Remove Lenses (One-Hand Method)

### 1 Open your eyes wide.



Place a hand on your cheek to catch the lens.

### 2 Pull the outer corner of your eye and blink gently.



Apply even pressure to the upper and lower eyelids while pulling toward the ear.

### 3 Catch the lens in your palm.

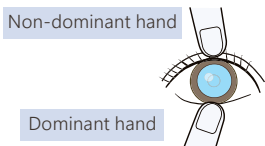


Place a large towel underneath to prevent a removed lens from bouncing away.

## How to Remove Lenses (Two-Hand Method)

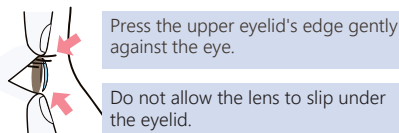
### 1 Press the Lids Together:

Use your fingers to gently press the upper and lower eyelids together.



### 2 Scoop Out the Lens:

Scoop the lens out by using the edge of the lower eyelid.



### 3 Close your eye gently.



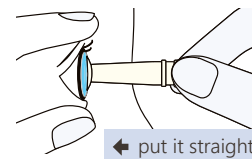
## Contact Lens Remover

### ! IMPORTANT

Before using a remover (suction tool), make sure that the tool is clean and free of dust and debris. Next, confirm in a mirror that the lens is centered over the iris (the colored part of the eye).

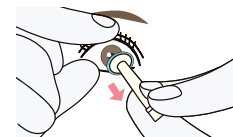
### 1 Attach the Remover:

Align the remover straight with the lens and gently press the lens with the remover so that the lens becomes attached to the remover.



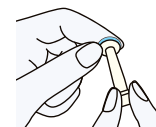
### 2 Remove the Lens:

Gently pull the remover slightly downward to remove the lens.



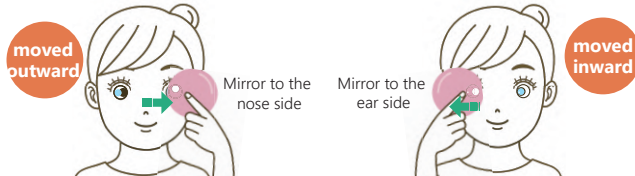
### 3 Detach the Lens:

Twist the remover gently to detach the lens.



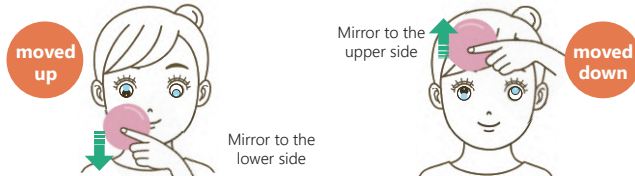
## If a Lens Shifts Out of Place

- 1 Move a hand mirror in the opposite direction of the shifted lens and follow it with your gaze.**



If the lens has shifted toward the ear (outer side): Move the mirror and gaze toward the nose (inner side).

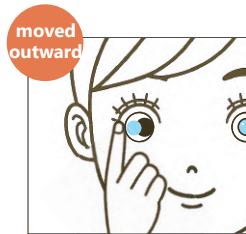
If the lens has shifted toward the nose (inner side): Move the mirror and gaze toward the ear (outer side).



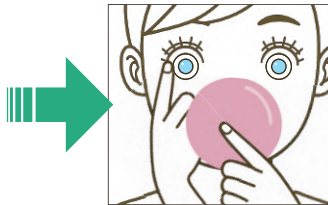
If the lens has shifted upward: Move the mirror and gaze downward.

If the lens has shifted downward: Move the mirror and gaze upward.

- 2 Gently press down:**  
Gently press down on the edge of the lens through your eyelid.



- 3 Return the mirror to the center.**  
Hold the lens in place. While keeping your eyes open, return the mirror to the center.

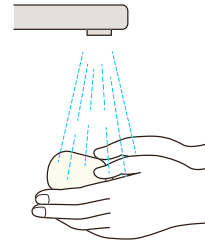


**Important** Do not blink while returning the mirror to the center.

## Lens Care Routine After Removal

- 1 Wash Your Hands:**

Wash your hands thoroughly with soap and water.



- 2 Clean the Outer Surface of the Lens:**

Apply cleaning solution and gently rub the outer surface while holding the lens with the outer rounded side down.



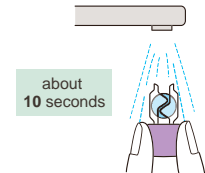
- 3 Clean the Inner Surface of the Lens:**

Gently rub the inner surface of the lens with your index finger to remove deposits.



- 4 Rinse Thoroughly:**

Place the lens in a lens clip and rinse under running tap water for approximately 10 seconds.



- 5 Store in the Case:**

Fill the storage case with fresh cleaning and storage solution. Place the lenses inside and tighten the caps securely.



approximately 80% capacity

- 6 Disinfect and Soak:**

Make sure that the lenses are fully submerged in the solution. Soak the lenses for at least 4 hours for complete disinfection.



4 hours or more