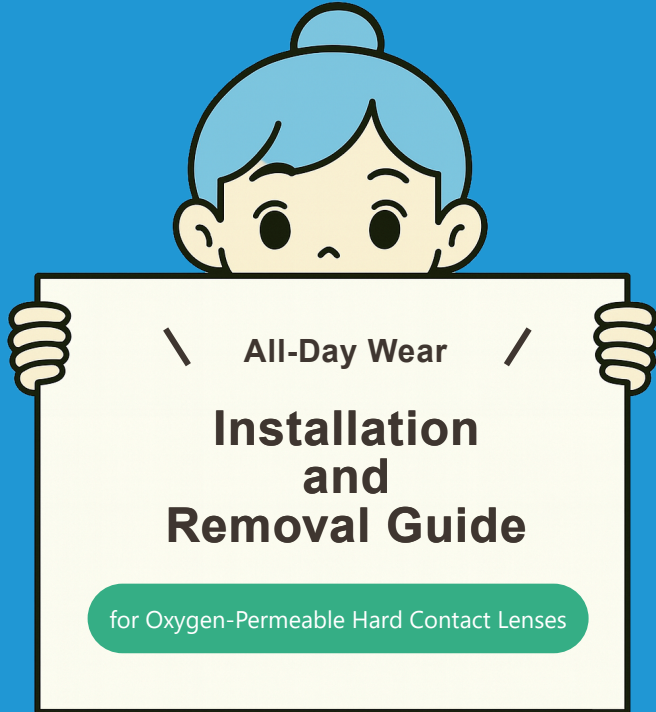


Contact Lens Instructions for Use



made in kyoto

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.

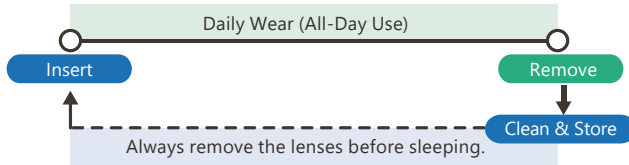
5. Other Precautions:

- 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.



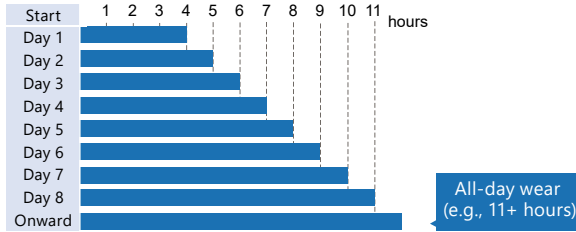
Wearing Instructions & Schedule All-Day Wear

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.

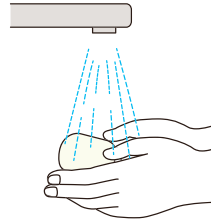


Lens Care Routine

Before Insertion

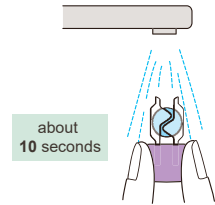
1 Wash Your Hands:

Wash your hands thoroughly with soap and water.



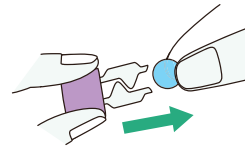
2 Rinse the Lens:

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.



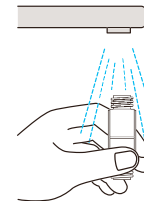
refer to the "How to Insert Lenses" section above for details.



Storage Case Care After Lens Insertion

4 Rinse the Storage Case:

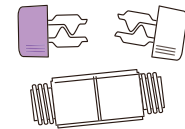
Rinse the lens storage case thoroughly with tap water.



5 Air Dry the Storage Case.

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

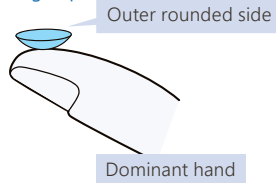
Air Dry



How to Insert Lenses

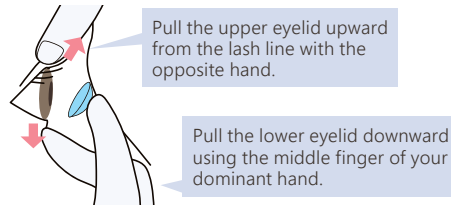
1 Place lens on fingertip

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.



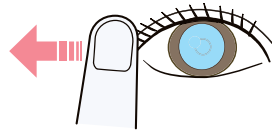
How to Remove Lenses (One-Hand Method)

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.

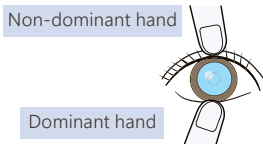


Place a large towel underneath to prevent a removed lens from bouncing away.

How to Remove Lenses (Two-Hand Method)

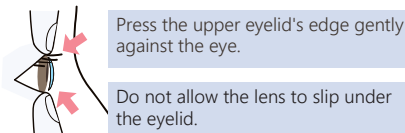
1 Press the Lids Together:

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.



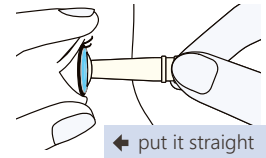
Contact Lens Remover

! 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).

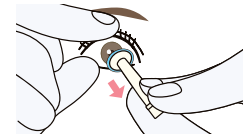
1 Attach the Remover:

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



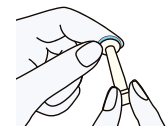
2 Remove the Lens:

Gently pull the remover slightly downward to remove the lens.



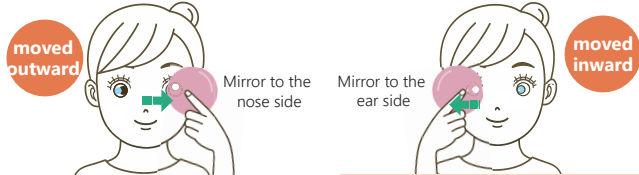
3 Detach the Lens:

Twist the remover gently to detach the lens.



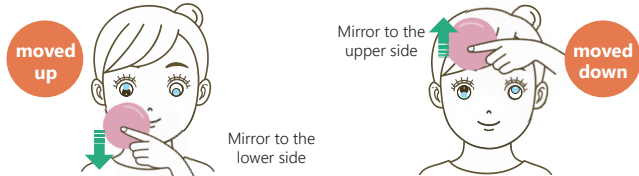
If a Lens Shifts Out of Place

- 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).

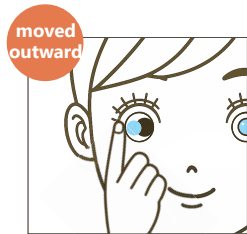
If the lens has shifted toward the nose (inner side): Move the mirror and gaze toward the ear (outer side).



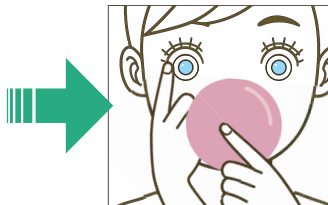
If the lens has shifted upward: Move the mirror and gaze downward.

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.

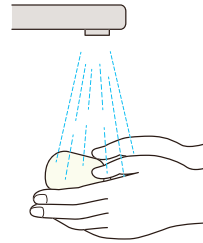


Important Do not blink while returning the mirror to the center.

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.



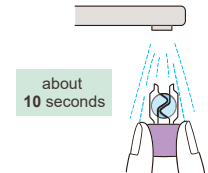
- 3 Clean the Inner Surface of the Lens:**

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