

Duette[®]
PROGRESSIVE
CONTACT LENSES

Patient Lens Handling & Care



Transform your vision with Duette Progressive.

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.

How to insert 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 SynergEyes.com to view Lens Handling & Care videos, reference packaging insert, and learn more about Duette Progressive.

How to remove your lenses:

Remove lenses with **very dry** fingers and a narrow strong pinch.



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



2. With opposite hand, place **very dry** fingertips at the 5 & 7 o'clock positions on the lens and apply slight pressure; wait for a 1, 2 count and then roll fingertips together and back toward the palm of the hand to remove the lens.



3. **Fingers need to be dried with a lint-free tissue or towel between each removal attempt.** Rubbing fingers together until heat is felt from the friction will also ensure fingers are completely dry.

To remove stubborn lenses, a tissue can also be used. Place the tissue over the forefinger and thumb, and then use the “Pinch” technique to remove the lenses.

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 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 soft 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, as recommended by your eye care professional.

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.

Lens care solutions:

Disinfection Systems: Use chemical (not heat) disinfection systems (Multi-Purpose or Hydrogen Peroxide* solutions) approved for soft contact lenses, as recommended by your eye care professional.

Daily Cleaner: The standard of care for contact lenses recommends using a daily cleaner approved for soft contact lenses.

Rewetting Drops: If needed, use rewetting drops approved for soft contact lenses, as directed by your eye care practitioner.

If lenses have Tangible™ Hydra-PEG coating, alcohol-based or abrasive solutions should be avoided.



For more information on Duette Progressive and to view Lens Handling & Care videos visit SynergEyes.com

*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.