

## F.A.Q'S

### How long does it take to work?

Around 70% of vision correction is achieved after just one night's wear it usually takes around 4 weeks to reach full correction. During the initial weeks you may temporarily require a lower power contact lens for driving, or reading glasses for close work.

### Are the lenses fully proven and fully tested?

Independent studies have been carried out in the US on these lenses by the US food and drugs administration, which found them safe and effective in 2004. Over 60,000 cases have been fitted using the lens.

### What about follow up visits eye checks and after care appointments?

Once successfully fitted with your i-GO lenses you will need to visit your eye care professional every six months to get your eyes checked and to get your new lenses and cleaning solutions. The cost of all this is included in your monthly direct debit including any other visits or help you might require.

### What if I lose or break a lens?

A spare set of lenses is included in your monthly direct debit package. When both your eye care professional and you are happy with your sight then a spare set of lenses will be ordered for you to keep at home. At your six monthly check these will become your replacement lenses but if you lose or break one before this they would be your emergency set. At your 6 month check new lenses will be supplied and your current set become your spares. This rotation is repeated every six months.

### How much does i-GO Overnight Vision Correction lenses cost?

The cost of *i-GO* OVC lenses are very similar to premium daily disposable contact lenses and cheaper than laser surgery. A contact lens consultation is required to establish if you are suitable. If appropriate then an initial fee to cover fitting and diagnostic appointments from around £200 is charged. Patients then sign a monthly direct debit mandate which costs from around £39.50 (dependent on the prescription). This package includes an initial set of lenses plus a spare set of lenses at the end of month one; replacement lenses and solutions are provided every six months. All aftercare is included as well as an annual sight test.

### Are there any side effects?

There are a couple of possible side effects but these are temporary and minor. Flaring, ghosting and halos around bright lights at night are the most common. These will disappear after a few weeks or if you reinsert your i-GO lenses or use low powered glasses as recommended by your eye care professional. They will also go away if lens wear is discontinued. Lenses can also sometimes move during the night and distorted vision may occur the following morning after removal of your lenses. The duration of the distorted vision will rarely be greater than the duration of the day and visual correction is normally restored after the next nights wear.

### What are the risks of Overnight Vision Correction?

There is a small risk involved when any contact lens is worn and incorrect use of contact lenses and lens care products as well as poor hygiene can all result in infections or injury to the eye.

### What are the long term effects of Overnight Vision Correction?

The treatment is fully reversible so that, if you decide that you no longer want to wear your lenses, you can simply stop wearing them and your eyes will return to their natural state.

### What happens when you get infections?

This can happen with any contact lens and is a serious matter. You should discontinue wearing your lenses and immediately consult your i-GO practitioner.

### **Is there a cure for short-sightedness?**

It is very early days but there are some indications that OVC lenses may arrest and even reverse the effect of early onset short-sightedness. The lens acts like a retainer holding the cornea in the correct position so changes in the eye cannot take place. More research is needed to confirm whether or not this claim can in fact be substantiated.

### **Are there any problems from wearing lenses at night?**

Occasionally whilst you are sleeping, the lenses may move and your vision may be blurred the next morning because the lens has not been sitting correctly in the centre of the cornea. This is called lens dislocation. Reinserting your lenses will correct this problem.

### **I've always been told not to wear contact lenses while I sleep. Are i-GO lenses safe?**

i-GO OVC lenses are made from a special high oxygen permeable material made by Bausch & Lomb that allows oxygen to reach the eye, even while you sleep, and are clinically approved for overnight wear.

### **Are they comfortable to sleep in?**

On the first night you wear your lenses you may find that you want to close your eyes and go straight to sleep. However, your eyes will become accustomed to the lenses over a week or two so that reading or watching TV in them is quite comfortable. And because you only wear them while you sleep, you avoid discomforts sometimes associated with daytime contact lens wear—such as dryness at the end of the day.

### **What happens if I miss a day or stop wearing them?**

Unless your practitioner has told you that you can wear your lenses only every other day, then, if you miss a night's wear, you will find that your vision will deteriorate as the day goes on. You are unlikely to be legally able to drive and you will find it difficult to do things like watch TV. However you can simply insert your lenses and you will be able to see normally.

### **Will I be able to see all day?**

The lenses have been designed by your i-GO eye care professional to correct your vision for at least a full day.

### **How long do you need to keep the i-GO lenses in for?**

To ensure that your vision lasts for the whole day, it is recommended that they are worn for at least 6 hours every night.

### **How time consuming is the daily routine?**

Modern all-in-one lens cleaning solutions mean that the lenses take less than 30 seconds to clean and then are left soaking for the rest of the day. Inserting/removing and cleaning the lenses takes less time than cleaning the teeth.

### **What are i-GO lenses made from?**

They are made from Bausch and Lomb Boston XO a special material with a very high oxygen permeability, specially developed for sleeping in. The lenses are made from a rigid material and are much smaller than soft contact lenses.

### **How often are they replaced/How long does one pair last?**

Wear and tear from cleaning and handling the lenses can cause minute scratches on the lens surface and a build-up of microscopic particles in the complex curves of the lens can occur. For this reason i-GO lenses are replaced on a six monthly basis and this is included in your aftercare package.

### **Can I see while I'm wearing the lenses?**

Yes. But i-GO lenses work differently than regular contact lenses. A contact lens prescription works to immediately correct your vision but OVC lenses work by gently holding a corrective position overnight. While they're in, you'll be able to see well. But once they're out, you'll see even better.