

# AIR OPTIX® NIGHT & DAY® AQUA CONTACT LENSES: HIGH-PERFORMANCE LENSES TO MEET THE NEEDS OF DEMANDING LIFESTYLES



**Shajida Espat-Reich, OD**

Espat-Reich & Associates PC  
Medford, OR

Dr. Espat-Reich was compensated by Alcon for her participation in this advertorial.

As a practitioner who wears contact lenses while volunteering for mission work in remote areas around the world, I understand that sometimes, life's adventures require a contact lens that can keep up with a wearer's demanding life. That's why, when I'm backpacking through (or to) an area with no electricity and questionable water purity, it's a blessing to wear AIR OPTIX® NIGHT & DAY AQUA contact lenses continuously, even while sleeping, for up to 30 days and nights.

Life may not always be adventurous, but it can pose challenges to healthy contact lens wear. My eye care practice in southern Oregon focuses on medical eye issues and contact lenses, so we serve a wide range of patients with varied needs and symptoms—including normal daily challenges that could impact healthy lens wear. For example, many nurses, EMS techs, and new moms keep long hours, and often nap during downtime while still needing clear vision the moment they awaken. Sometimes vacationers—such as those going on long flights or going camping for a weekend—would prefer to leave their replacement contact lenses or lens care solutions at home. And, young adults—juggling school, sports and social lives—sometimes eschew lens care and replacement recommendations.

Patient health and satisfaction are my top priorities, so when I suspect that a patient is sleeping in their lenses, or not replacing them according to the manufacturer-recommended

schedule, it's something to investigate. Asking about patients' careers and lifestyles helps uncover their true needs, so we can discuss healthy options like AIR OPTIX® NIGHT & DAY® AQUA contact lenses. It's often a surprise—and great relief—for my patients to learn that these lenses are FDA-approved for 30 days and nights of continuous wear—a convenient and comfortable<sup>1</sup> option, even for wearing during sleep. And, to make sure my patients get the most out of their AIR OPTIX® NIGHT & DAY® AQUA contact lenses, I also recommend overnight cleaning with CLEAR CARE® PLUS with HydraGlyde® whenever possible.

AIR OPTIX® is the #1 prescribed\* monthly replacement lens brand in the US,<sup>2</sup> the lens family I trust for many wearers, including astigmatists, presbyopes, cosmetic lens wearers, and myself! Like all AIR OPTIX® brand lenses, AIR OPTIX® NIGHT & DAY® AQUA lenses feature SmartShield® Technology, which provides a smooth,<sup>3</sup> wettable<sup>4,5</sup> lens surface that effectively helps resist lipid deposits<sup>6,7</sup> for excellent moisture and comfort.<sup>1,4,5</sup> They are made from lotrafilcon A material with an established safety profile,<sup>8</sup> and feature the highest oxygen transmissibility on the market.<sup>9-11†</sup> For these reasons and many others, AIR OPTIX® NIGHT & DAY® AQUA lenses are a trusted part of my life—my go-to lenses for wearers (including myself) whose demanding lifestyles require a high-performance contact lens. Help your patients see, look and feel their best with AIR OPTIX® NIGHT & DAY® AQUA contact lenses!



\* Based on a ProVoice Survey of ECPs through October 2018.  
† Dk/t = 175 @ -3.00D. Other factors may impact eye health.

**Important information for AIR OPTIX® NIGHT & DAY® AQUA (lotrafilcon A) contact lenses:** Indicated for vision correction for daily wear (worn only while awake) or extended wear (worn while awake and asleep) for up to 30 nights. **Relevant Warnings:** A corneal ulcer may develop rapidly and cause eye pain, redness or blurry vision as it progresses. If left untreated, a scar, and in rare cases loss of vision, may result. The risk of serious problems is greater for extended wear vs. daily wear and smoking increases this risk. A one-year post-market study found 0.18% (18 out of 10,000) of wearers developed a severe corneal infection, with 0.04% (4 out of 10,000) of wearers experiencing a permanent reduction in vision by two or more rows of letters on an eye chart. **Relevant Precautions:** Not everyone can wear for 30 nights. Approximately 80% of wearers can wear the lenses for extended wear. About two-thirds of wearers achieve the full 30 nights continuous wear. **Side Effects:** In clinical trials, approximately 3-5% of wearers experience at least one episode of infiltrative keratitis, a localized inflammation of the cornea which may be accompanied by mild to severe pain and may require the use of antibiotic eye drops for up to one week. Other less serious side effects were conjunctivitis, lid irritation or lens discomfort including dryness, mild burning or stinging. **Contraindications:** Contact lenses should not be worn if you have: eye infection or inflammation (redness and/ or swelling); eye disease, injury or dryness that interferes with contact lens wear; systemic disease that may be affected by or impact lens wear; certain allergic conditions or using certain medications (ex. some eye medications). **Additional Information:** Lenses should be replaced every month. If removed before then, lenses should be cleaned and disinfected before wearing again. Always follow the eye care professional's recommended lens wear, care and replacement schedule. Consult package insert for complete information, available without charge by calling (800) 241-5999 or go to [myalcon.com](http://myalcon.com).

**References** 1. Alcon data on file, 2010. 2. Alcon data on file, 2018. 3. Alcon data on file, 2006. 4. Alcon data on file, 2006. 5. Alcon data on file, 2009. 6. Nash W, Gabriel M. Ex vivo analysis of cholesterol deposition for commercially available silicone hydrogel contact lenses using a fluorometric enzymatic assay. *Eye Contact Lens*. 2014;40(5):277-282. 7. Nash W, Gabriel M, Mowrey-McKee M. A comparison of various silicone hydrogel lenses; lipid and protein deposition as a result of daily wear. *Optom Vis Sci*. 2010;87:E-abstract 105110. 8. Schein O, McNally J, Katz J, Chalmers R, et al. The incidence of microbial keratitis among wearers of a 30-day silicone hydrogel extended-wear contact lens. *Ophthalmology*. 2005;112:2172-2179. 9. Alcon data on file, 2009. 10. Alcon data on file, 2010. 11. Based on published manufacturer-provided Dk and thickness values in: Tyler's Quarterly Soft Contact Lens Parameter Guide, December 2018.

