

Hidro Health H2O2

One-step peroxide system

Hidro Health H2O2 is a one-step peroxide system with a neutralising tablet and colour indicator for daily disinfection and cleaning of all kinds of contact lenses (conventional, disposable, silicone hydrogel and RGP). Not suitable for colour lenses. Preservative-free. Maximum disinfection. Complete ultra-fast cleaning and disinfection process (1 hour).

Hidro Health H2O2 is composed of:

- A disinfectant hydrogen peroxide solution at 3%.
- Neutralising tablets with vitamin B2 as a colour indicator, which transform the hydrogen peroxide solution into a preservative-free saline solution.

The neutralising tablet does not start producing bubbles until 12 minutes into the process. This means the lenses are soaked in disinfectant solution before any bubbles appear that might prevent parts of the lens from being properly disinfected, thus ensuring complete disinfection across the entire lens surface.

The disinfection and neutralising process is very quick and is completed in just one hour.

Hidro Health H2O2 also eliminates proteins and contains a humectant agent for added comfort.

Directions for use:

1. Wash and dry your hands thoroughly.
2. Fill the lens case with Hidro Health H2O2 disinfectant solution taking special care to fill it up to the arrow, as shown in the diagram, to ensure optimal disinfection. It is important not to fill the case above or below the line.



3. Carefully insert each lens into the appropriate left/right basket, then close the baskets.
4. Add the neutralising tablet to the solution.
5. Tightly shut the case and shake it gently up and down, making sure the tablet is inside the solution.
6. After approximately 12 minutes, you will see bubbles forming inside the case, the tablet will dissolve and the liquid will turn yellow.
7. Leave the lenses to soak in the solution all night or for at least one hour after adding the tablet to ensure the process is completed. The lenses will then be ready for use.
8. Before opening your contact lens case, shake it gently to make sure the contents are properly soaked in the final solution.
9. Take out the lenses and dispose of the cleaning and disinfectant solution, leaving the case open to air dry. It is advisable to rinse the case with a saline solution and leave it to air dry.

Precautions:

- Always use the contact lens case provided with the product, as it allows the gas produced during neutralisation to be released.
- Always use the tablets provided with the product, as this is the only way to ensure the solution is properly neutralised.
- Do not use the product if the seal is missing or damaged when first opened.
- Do not use the product after the expiry date, and always use within 90 days of opening.
- Do not use the tablets if the blister is damaged or partially open, as the tablets contain ingredients that are sensitive to light and moisture.
- Do not use tablets that do not look as they originally should, have changed colour or look damaged.
- After approximately 12 minutes, bubbling should be seen inside the lens case.
- Do not use normal water to rinse the case or the contact lenses after each use.
- Do not ingest the solution or tablet.
- Before taking any medication, let your eye specialist know you use contact lenses.
- THE DISINFECTANT SOLUTION MUST NOT COME INTO DIRECT CONTACT WITH THE EYES until it has been neutralised by the neutralising tablet.
- **Protect the product from light and store in a dry place at 5 to 30 °C.**
- The final solution has a yellowish colour and may make the contact lenses turn slightly yellow. However, any colouring will fade away instantly once they are in the eye. This colouring is due to the vitamin B2 contained in the tablet and is completely harmless to the eye and contact lens.
- Do not use the contact lenses if the final solution is colourless or has not turned slightly yellow. If this happens, the process may not have been completed successfully or you may have forgotten to add the tablet. If so, you will need to start the process again from step 1.
- Vitamin B2 is sensitive to light. Therefore, it is important to keep the tablets inside their packaging to protect them. When you are ready to use a tablet, add the solution immediately. Avoid direct exposure to sunlight.
- Once the process is completed, always dispose of the final solution and do not reuse it. Leave the lens case open to air dry.
- Because the final solution is preservative-free, contact lenses should not be left to soak in it for more than 48 hours. If the lenses are left in the final preservative-free solution for too long, they will need to be disinfected again.
- Keep the bottle tightly closed.
- Once you have added the tablet, the lenses must be kept inside the case for at least one hour in order to achieve full neutralisation. Otherwise, hydrogen peroxide can cause itchiness and soreness. If this happens, rinse your eyes immediately with normal water or a saline solution.
- If soreness persists, stop using the product, remove your contact lenses and go to your eye specialist.
- Do not use the product if you are allergic to any of its components.
- Keep out of the reach of children.
- Each package of the Hidro Health H2O2 peroxide system comes with a new lens case. Don't forget to always dispose of your old case.

Composition

Disinfectant solution:

Hydrogen peroxide 3.0%, monosodium phosphate and EDTA in purified water.

Neutralising tablet:

Sodium chloride, disodium phosphate, polyvinylpyrrolidone, vitamin B2 0.075 mg and catalase 0.1 mg.

