



LUMECARE™

Long Lasting Tear Gel

Carbomer 0.2% w/v Eye Gel 10g

Instructions for use

It is important to read this leaflet carefully before using LUMECARE™ Carbomer Gel. The information provided summarises the important points about the product but if you have any further questions then please ask your doctor, pharmacist or optician.

For further advice and information about the LUMECARE™ eye care range and dry eye sensation, including a user forum visit www.lumecare.co.uk

What is LUMECARE™ Carbomer Gel:

LUMECARE™ Carbomer Gel is a sterile transparent liquid eye gel containing 0.2% w/v Carbomer, Disodium Edetate, Sorbitol, Sodium Hydroxide and the preservative Cetrimide, presented in a 10g polyfoil tube.

LUMECARE™ Carbomer is a gel which, on blinking, spreads over the surface of the eye and lubricates to give relief from sore, itchy dry eye sensation. The enduring effect protects the eyes from further drying out and damage.

What is LUMECARE™ Carbomer Gel used for:

LUMECARE™ Carbomer Gel is a lubricating artificial tear gel used for dry eye sensation. LUMECARE™ Carbomer Gel provides a smooth luxurious feeling for sore eyes with lasting, soothing relief from grittiness, itchiness, burning and foreign body sensation.

What causes Dry Eye Sensation:

Dry eye sensation is a result of ocular surface disorders that can be caused by a number of different reasons where the normal tears are either of poor quality or produced in too little quantity to keep the eye sufficiently moist. Symptoms of dry eye sensation may also be produced by use of TVs and computer screens, infrequent blinking, certain medical treatments including refractive laser eye surgery, atmospheric pollution and drying atmospheres e.g. air conditioning, central heating, wind and sun.

When to use LUMECARE™ Carbomer Gel:

When your eyes becomes red and sore, begin to itch, feel gritty or you feel burning then you have probably developed a dry eye sensation which needs treatment with LUMECARE™. Carbomer, the lubricating ingredient in LUMECARE™ alleviates the symptoms of dry eye sensation with its soothing gel which brings long lasting relief. If your eye condition persists please consult your doctor or optician.

Before you use LUMECARE™ Carbomer Gel:

Consult your doctor, pharmacist or optician before you use LUMECARE™ Carbomer Gel if:

- You are pregnant or breast feeding
- You are allergic to any of the ingredients listed above
- You are suffering from any other eye disorder

- You are using any other medicines in your eyes

LUMECARE™ Carbomer Gel may cause temporary blurring of vision when applied. Do not operate machinery, use electric tools or drive a car until clear vision is restored.

Dosage:

Place one drop of LUMECARE™ Carbomer Gel into each eye 3 to 4 times a day or as directed by your doctor, pharmacist or optician.

How to use LUMECARE™ Carbomer Gel:

- Wash and dry your hands.
- If you are a contact lens wearer remove your lenses and do not replace until 30 minutes after using LUMECARE™ Carbomer Gel.
- Squeeze the tube gently until a small drop forms.
- Tilt your head backwards and look upwards.
- Gently pull down your lower eye lid and squeeze one drop of LUMECARE™ Carbomer Gel into the gap between your eye and eyelid and blink a few times to spread the LUMECARE™ Carbomer Gel evenly over the surface.
- Carefully wipe away any excess LUMECARE™ Carbomer Gel around the eyelids with a lint free tissue.
- Repeat the process for the other eye.

Note: Do not touch your eye, or any other surface with the tip of the dropper. Remember to replace the cap on the tube after use.

Possible side effects:

LUMECARE™ Carbomer Gel may cause:

- Mild burning sensation in the eye which quickly passes.
- Blurring of vision immediately after use. Do not operate machinery, use electric tools or drive a car until clear vision is restored.

Storage:

Store out of the reach and sight of children.

Do not store above 25°C.

Do not use after the expiry date on the tube (EXP).

Discard the contents 28 days after first opening.

LUMECARE™ Carbomer Gel is sterile until opened.

Do not share LUMECARE™ Carbomer Gel with any other person.

This leaflet applies to LUMECARE™ Carbomer 0.2% w/v Eye Gel 10g and not to any other product in the LUMECARE™ range.

For further advice and information about dry eye sensation, including a user forum, and the LUMECARE™ eye care range visit www.lumecare.co.uk



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