

## Care for a sticking Lens

If the lens sticks (stop moving) on the eye, apply a few drops of a lubricating solution. Wait until the lens begins to move freely on your eye before removing it. If non-movement of the lens continues, immediately consult an eye care practitioner.

### DON'T FORGET THE LENS CASE

Case hygiene is as important as lens hygiene, and should be replaced regularly. Depending on the routine recommended by your practitioner replace the soaking solution daily.

### Inserting RGP Lenses



- Wash hands with a mild soap, rinse completely and dry with a lint-free towel. Keep fingernails short and smooth to avoid damaging your lenses or scratching your eye.
- If you're working near a sink, close the drain.
- Get in the habit of always working with the right lens first to avoid mix-ups.
- Remove the lens from its case and inspect it for cleanliness, chips and scratches.
- Place the lens, cup side up, on the tip of your index finger.



- Apply a few drops of wetting solution, which is designed to make the lens surface more compatible with your tears and increase comfort. (Never use saliva or water. It contains bacteria that can cause infection.)



- Tilt your head forward and bring the lens towards your eye.



- Using the middle finger of the same hand, gently pull down your lower lid.
- Lift the upper lid with your other hand.
- Look at the lens.
- Place the lens on your eye, release your lids, lower lid first, then upper, and close your eyes.
- Follow the same steps to insert the left lens.

### How to remove your lenses

- Wash and dry your hands and close any nearby drains.
- Use your finger to separate your lids at the outer corner, making sure that they are above and below the contact lens.
- Staring wide, use the finger to pull the lids outwards and slightly upwards, towards the top of your ear. If the lens has not fallen out once you have pulled your lids as far as possible, blink.



- Cup the other hand under your eye to catch the lens as it falls out.



## Rigid Gas Permeable Contact Lenses

### Instructions For Wearers

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## Follow the instructions below to prevent damage to your eyes or to your lenses

- Do not wear your Gas Permeable contact lenses while sleeping.
- Always wash your hands with an additive-free soap, rinse thoroughly and dry on a lint-free towel before you handle your lenses. Eye irritation may result if cosmetics, lotions, soaps, creams or deodorants come in contact with your lenses or if the lenses are contaminated by infectious or non-infectious debris.
- Always follow the recommended lens care system for your gas permeable contact lenses. Use the recommended lens care solutions and carefully follow the recommended directions.
- Always use FRESH rinsing, disinfecting and storage solutions.
- Do not use saliva or anything other than the recommended solutions to wet your lenses.
- Avoid using aerosol products such as hair spray while wearing your lenses. If hair sprays are used, Keep your eyes closed until the spray has settled, otherwise, the lenses may be damaged.
- Avoid all harmful or irritating vapors or fumes while wearing your lenses
- Do not swim with your lenses in place.
- Never use tweezers or other tools to remove your lens from the lens container. Pour the lens into your hand. Do not touch the lens with your fingernails.
- Always inform your doctor (general health care practitioner) that you wear contact lenses.
- Always consult your eye care practitioner before using any medicine in your eyes.
- Always inform your employer that you wear contact lenses. Some jobs may require the use of eye protection equipment or may require that you not wear contact lenses.
- As with any contact lens, follow up visits are necessary to assure continued health. **CHECK WITH YOUR EYE CARE PRACTITIONER**
- To minimise lens warpage during cleaning, the lenses should be cleaned in the palm of the hand rather than between the thumb and fingers.
- Never use a heat disinfecting system to disinfect your lenses.
- If your lens sticks (stop moving) on the eye, follow the recommended directions for “care for a Sticking Lens”. The lens must move freely on the eye for the continued health of the eye. If non-movement of the lens continues, immediately consult your eye care practitioner.

## Adverse Effects ( Problems and What to do)

The following problems may occur:

- Eyes sting, burn or itch (irritation)
- Comfort is less than when lens was first placed on eye
- Feeling of something in the eye (foreign body, scratched area, abrasion)
- Excessive pain
- Excessive watering (tearing) of the eyes
- Unusual eye secretions
- Redness of the eyes
- Reduced sharpness of vision (poor visual acuity)
- Blurred vision, rainbows, or halos around objects
- Sensitivity to light (photophobia)
- Dry eyes

### If you notice any of these adverse effects, IMMEDIATELY REMOVE YOUR LENS

- If the discomfort or problem stops, then look closely at the lens.
- If the lens is in any way damaged DO NOT put the lens back on the eye. Place the lens in the storage case and contact your eye care practitioner.
- If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged; thoroughly clean, rinse and disinfect the lens, then reinsert it.
- If the problem continues, IMMEDIATELY remove the lens and consult your eye care practitioner.

When any of the above symptoms occur, a serious condition such as infection, corneal ulcer, revascularization, iritis, persistent stromal edema of GPC (giant papillary conjunctivitis) may be present, Immediately remove your lenses and seek professional identification of the problem and prompt treatment to avoid serious eye damage, including corneal scarring, pacification, blindness or loss of eye.

## Lens Care Instructions

Always wash your hands with an additive-free soap, rinse thoroughly and dry on a lint free towel before you handle your lenses.

Never use tweezers or other tools to remove your lens from the lens container. Pour the lens into your hand.

Gas permeable lenses must be cleaned and disinfected each time you remove them. One procedure does not replace the other. Cleaning is necessary to remove mucus and film from the lens surface and disinfecting is necessary to destroy harmful germs (use a system which is recommended by your eye care practitioner). Leave your gas permeable contact lenses in a storage solution for a minimum of 4 hours or as indicated on the product label. To minimise lens warpage or breakage during cleaning, the lenses should be cleaned in the palm of the hand rather than between the thumb and fingers.

Clean one lens first. (The recommended procedure is to always clean the same lens first to avoid mix-ups). Rinse the lens thoroughly, as recommended by your eye care practitioner, to remove the cleaning solution. Place the lens into the correct storage chamber and fill the chamber with the recommended disinfecting solution as recommended by your eye care practitioner.

Clean and rinse the other lens in the same manner and place it in its chamber.

Tightly close the top of each chamber of the lens storage case.

To disinfect your lenses, leave them in the solution for at least 4 hours or as indicated on the product label.

Never use heat disinfecting system to disinfect your lenses.

Leave the lenses in the unopened storage case until you are ready to put them in your eyes.

After you remove your lenses from the lens storage case, empty and rinse the case with saline or a solution recommended by your eye care practitioner and allow to air dry. When you next use the case, refill it with fresh storage solution.

Directions in the package inserts for products should be followed. Failure to adhere to these procedures may result in the development of serious ocular complications. You should not switch from one care system to another unless it has been determined by the eye care practitioner that this is safe to do so.