

Rigid Gas Permeable Insertion and Removal



Insertion

1. Always wash your hands before handling your contact lenses. Eye irritation may result if skin oils, nicotine, cosmetics, lotions, soaps, etc. come in contact with your lens prior to insertion.
2. Take your contact lens out of the case. Do not touch the lens with your fingernails. Keep fingernails well trimmed to prevent damaging the lens.
3. To prevent losing a lens, do not handle the contact lenses over the sink.
4. With the fingertip of the hand not holding the contact lens, pull the upper eye lid and hold it against your eye brow.
5. Hold the lower lid down with the middle finger of the hand holding the lens. Stare straight ahead and gently place the contact lens on the center of your eye.
6. Release your eyelid and gently blink a couple of times.
7. If you drop your contact lens, do not move excessively. Search your clothing and surrounding areas. Place the contact lens back in the soaking solution to kill any germs and rinse the dirt off.
8. If a contact lens is uncomfortable or vision is blurred after the contact lens is inserted, remove the contact lens, clean it, and then reinsert the lens. If the discomfort or blur persists remove lens and call our office. Never wear a damaged lens.
9. Wear your contact lenses consistently each day following the wearing schedule provided.
10. After removing the contact lenses from the case, discard the solution and rinse the case with water each day. Leave the case open to air dry. Replace your case every few months.
11. Do not rub your eyes while wearing your contact lenses.
12. Do not swim with your contact lenses, unless you are wearing goggles.
13. Avoid using aerosol products, such as hair spray and oils such as suntan lotions, while wearing your contact lenses. If sprays are used, keep your eyes closed and leave the room until the spray has settled. (10 minutes minimum.)

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Removal and Cleaning

1. Again, wash your hands thoroughly.
2. Fill your clean case with the recommended solution and set aside.
3. Cup one hand under your eye to catch the contact lens as it is removed.
4. With the other hand, place the tip of your pointer finger in the corner of your eye and gently pull outward toward your ear. Open your eye wide and blink hard. The contact lens should pop out.
5. Place the lens in the palm of your hand and put a few drops of cleaner on the contact lens, rub gently, and rinse with water. Place the contact lens in your case until your next wearing.
6. Make sure that the contact lens is placed in the correct chamber of the case to avoid mix up.
7. Do not store your contact lenses in extreme temperatures.
8. Keep a pair of prescription glasses handy at all times, in case of a lost or damaged contact lens.
9. If you are wearing extended wear contact lenses (your doctor will advise you of this), put lubrication drops in your eye before and after sleep to insure proper lens rewetting.
10. Make sure you wear your contact lenses at least 2-4 hours before any office visits with the doctor, unless otherwise instructed.

If your eye becomes red, irritated, or painful please call our office.