



# Care of your rigid gas permeable contact lenses

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**Please read this leaflet carefully as it will instruct you on how best to take care of your rigid gas permeable contact lenses.**

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## How should I look after my contact lenses?

- Wash and dry your hands thoroughly before inserting or removing your lenses.
- Take care not to catch the lens or your eye with your fingernails – it is good practice to keep them short.
- Work over a clean, flat surface or put in the plug if doing it over a sink.

## Don'ts

- **Do not rinse your lenses and case with tap water** as this can increase the risk of eye infections – always use the recommended lens solution.
- Never shower or bath with your lenses in and make sure you don't get water in your eyes when washing your face.
- Do not sleep with your lenses in (unless you have been advised to by your contact lens practitioner).
- Don't swim with your contact lenses in. This is due to the risk of infection from the water. Prescription swimming goggles and other options may be available. We advise you discuss this with your contact lens practitioner.

## Inserting your contact lenses

1. Place the contact lens onto the tip of your index finger of your preferred hand.
2. Add one drop of the conditioning solution for cushioning, if required.
3. Pull your lower lid down with the middle finger of the same hand.
4. Pull your upper lid up using the middle finger of the other hand. Maintain a firm hold of the upper eyelid to prevent blinking by placing your finger where the eyelid meets the eyelashes.
5. Gently place the lens on your eye while firmly holding both eyelids in position. Try to keep both eyes open without blinking.
6. Release the lower eyelid first and then gently close your top eyelid.
7. Repeat the previous steps for the other eye.
8. Throw away the solution from your case, rinse it with saline solution and leave it upside down on a clean surface to air dry.

## **Removing your contact lenses**

Remove the lens as advised by your practitioner using either the:

- **Blink method**

1. Look straight ahead and open your eye as wide as possible.
2. Place your index finger at the outer corner of your eye and pull your eyelids tight over towards your ear.
3. Blink – the lens should come out.

- **Scissors method**

1. Look straight ahead and press the edge of your lower eyelid against the eyeball beneath the contact lens.
2. Lift your top eyelid above the contact lens and then push it down over the eyeball until the eye is shut – the lens should be pushed out and resting between the eyelashes.

- **Sucker method**

1. If methods 1 and 2 are unsuccessful, a suction holder may be used.
2. Wet the end of the suction holder with saline and place onto the contact lens. It is important that the suction holder is not placed directly onto the surface of the eye.
3. Pull gently to remove the lens from the eye.
4. Remove the suction holder from the lens by sliding it off.

## **Re-centring a displaced lens**

Occasionally, a lens may be displaced onto the white of the eye when inserting, or with sudden eye movements or excessive tear flow.

- Locate the lens by looking in a mirror, pull down the lower eyelid.
- If the lens has lodged below the pupil, hold the top eyelid then place one or two fingers onto the lower eyelid margin to gently push the lens back over the pupil.
- If the lens is not below the pupil, then it is either under the top eyelid or it has fallen out.
- If the lens is under the top eyelid, look down to the floor and gently touch the skin of the upper eyelid to find the lens.
- Gently massage the lens down until it can be seen and then try to remove it using the blink method, if possible. Otherwise, follow the scissors method.

## Cleaning your contact lenses

The importance of effective cleaning cannot be over-emphasised.

- Place the lens on the palm of your hand and apply one or two drops of your specified cleaning solution on the lens.
- Rub the lens gently in circular motions for about 30 seconds. Make sure both sides of the lens are cleaned.
- After rubbing the lens, it is essential to rinse it with saline solution.
- Fill the storage case with conditioning solution and place the lens into the correct side of the storage case. **This solution must be changed on a daily basis.**

## Case hygiene

Not cleaning your contact lens case properly can result in eye infections – there is no point in putting a clean lens into a dirty case! Once you have put your lenses in, throw away the solution from your case, rinse it with saline and leave to air dry. Replace your contact lens case with a new one every month.

## Important things to remember

- Never use tap water on your lenses or case, as this can cause eye infections.
- Do not modify the recommended cleaning/disinfecting regimes without first consulting your practitioner.
- Always use fresh solutions and never use them after the expiry date. Change your solution after each wear. Change the solution if it has been longer than a week without wearing the lenses.
- Discontinue lens wear immediately if you experience persistent discomfort, redness, stickiness or blurred vision and consult your contact lens practitioner.
- Do not wear lenses while swimming.
- Do not wear lenses while sleeping, unless advised to by your practitioner.
- **If in doubt, take it out!**

## Daily wearing times

Build up your wearing time as specified below:

Day 1: \_\_\_\_\_ hours

Day 2: \_\_\_\_\_ hours

Day 3: \_\_\_\_\_ hours

Max wear time: \_\_\_\_\_ hours

### Follow up appointments

- It is vital that you attend regular aftercare visits to ensure that there are no complications, many of which are preventable and treatable provided they are seen in time. Many of these problems can be picked up by a health professional even though you may be symptom free. By the time you become aware of them, they may be advanced and more difficult to treat or resolve.
- Wear your lenses to your follow up appointments – having worn them for at least three hours prior to the appointment and please bring your spectacles with you.
- We will make sure you can insert and remove your lenses in clinic so you are confident to do it at home. Contact lenses will be dispensed for use at home. If needed, further handling sessions can be arranged with your local optician.

### Important contact details:

Contact Lens Clinic (Orthoptics) PCEU, Windsor	0118 322 7169 (option 1 then option 2) Mon-Fri 8.30am-4.30pm
Contact Lens Clinic (Orthoptics) RBH, Reading	0118 322 7169 (option 1 then option 2) Mon-Fri 8.30am-5.00pm

Or email [rbb-tr.cat2@nhs.net](mailto:rbb-tr.cat2@nhs.net)

- Eye Casualty PCEU: Mon-Fri 8.30am-5pm. Sat 9am-12:30pm.
- Eye Casualty RBH: Mon-Fri 8.30am-5pm. Sat-Sun and Bank Holidays 9am-12.30pm.

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**I confirm that I have read and understood the information above.**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

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**Please ask before your appointment if you need this information in another language or format.**

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