



# PATIENT CARE GUIDE

Your guide to successful  
gas permeable lens wear and care



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## PREPARING YOUR GP LENSES FOR WEARING

Cleanliness is the first and most important aspect of proper contact lens care. Your hands should be clean and free of any foreign substances when you handle your lenses. The procedures are:

- Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your GP lenses.
- Avoid the use of soaps that contain cold cream, lanolin, or perfumes.
- Also avoid use of oily cosmetics prior to handling your GP contact lenses. These substances can adhere to lens surfaces, affecting both vision and wearing comfort.
- Handle the lenses with your fingertips, being careful to avoid contact with fingernails.

If you begin your GP lens wearing experience using good hygiene and proper techniques, contact lens wear and care become easy and automatic.

## HANDLING YOUR GP LENSES

- Develop the habit of always working with the same lens first, to avoid mix-ups.
- Remove the lens from its storage case and examine it to be sure that it is moist, clean, clear, and free of any chips or cracks.

## PLACING YOUR GP LENS ON THE EYE

Follow these steps to insert the lenses:

- 1 Remove the lens from its storage compartment.
- 2 Rinse the lens with fresh conditioning solution (do not rinse with tap water prior to inserting).
- 3 Inspect the lens to be sure that it is clean, uniformly wet, and free of debris.
- 4 Rub several drops of conditioning solution over the lens surfaces.



- 5 Place the lens on the top of the index finger of your dominant hand. Place the middle finger of the same hand close to the lower lash and hold down the lower lid.
- 6 Use a finger on your other hand to lift the upper lid and then gently place the lens on the eye. It is not necessary to press the lens against the eye.
- 7 Gently release the lids and blink. The lens will center automatically. Always verify its proper position by checking your distance vision immediately after insertion.



Use the same technique or reverse the hand when inserting the other lens.

There are other methods of lens placement, so if the above method is difficult for you, your eye care practitioner can provide you with an alternate method. See note on next page.

**Note:** If, after placement of the lens, your vision is blurred, check for the following:

- The lens is not centered on the eye (see page 5).
- If the lens is centered, remove the lens (see page 6) and check for the following:
  - a. Cosmetics or oils on the lens. Clean, rinse, disinfect, and place on the eye again.
  - b. The lens is on the wrong eye.

If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult your eye care practitioner.

## CENTERING YOUR GP LENS



On occasion, a lens may become displaced onto the white part of the eye. This is most likely to occur during lens insertion or removal if techniques are not performed correctly. But it may also occur during normal lens wear. To center a lens, first locate where it is, then follow one of the procedures below:

- Close your eyelids and gently massage the lens into place through the closed lids OR
- Gently manipulate the lens onto the cornea while the eye is open using finger pressure on the upper or lower lid next to the edge of the lens.

## REMOVING YOUR GP LENS

Before removing your lenses, it is recommended that you have the following items available:



- A lens storage case
- A clean, lint-free towel.
- **Two Bottle Care System** –  
Separate cleaner and conditioning/disinfecting solution
- or
- **One Bottle Care System** –  
All-encompassing solution (cleans, conditions, disinfects, rinses and cushions)



**There are two suggested methods of lens removal:**

### **Blink method**

Seat yourself at a table covered with a clean towel and lean over until you are looking down at the surface.

- 1** Place your index finger at the outer junction of your upper and lower lids.
- 2** Stretch the skin outward and slightly upward while keeping your eye open wide (do not allow your lid to slide over the lens or your eyelids to close).
- 3** Blink briskly. The lens will be pinched by the pressure of your eyelids and the lens will pop out onto the clean surface of the towel, or into the palm of your hand.





## Two-finger method

- 1 Place a towel under your eye to catch the lens.
- 2 Place the tip of the forefinger of one hand on the middle of the upper lid margin and the forefinger of the other hand on the middle of the lower lid margin.
- 3 Press the lid margins inward and then together. The lens should be wedged out of your eye onto your hand or towel.
- 4 The lens may move over onto the white part of your eye. If this occurs, re-center the lens onto your cornea before repeating the removal procedure.



Remove the other lens by following the same procedure.

**Note:** If these methods for removing your GP lenses are difficult for you, your eye care practitioner can provide you with an alternate method and additional instructions and training.

## CARING FOR YOUR GP LENSES (CLEANING, RINSING, DISINFECTING)

### Basic instructions

For continued safe and comfortable wearing of your GP lenses, it is important to:

- 1 Clean and rinse the lenses;**
- 2 Disinfect the lenses using the care regimen recommended by your eye care practitioner.**

Cleaning and rinsing are necessary to remove tear secretions, films, or deposits, which may have accumulated during wear. **The ideal time to clean your lenses is immediately after removing them for the day.** Disinfecting is necessary to destroy harmful germs.

You should adhere to the recommended care regimen. Failure to follow the regimen may result in development of serious ocular complications. Your eye care practitioner should instruct you about appropriate and adequate procedures and products for your use.

For safe contact lens wear, you should know and always practice the following lens care routine:

- **Always wash, rinse, and dry** hands before handling contact lenses.
- **Always use fresh lens care solutions.** (check the expiration dates).
- Use the recommended system of lens care (do not use heat) and carefully follow instructions on solution labeling. Different solutions often cannot be used together.

***Do not alternate or mix lens care systems unless indicated on solution labeling, or if advised by your eye care practitioner.***

- Always remove, clean, rinse and disinfect your lenses according to the schedule prescribed by your eye care practitioner. **The use of an enzyme or any cleaning solution does not substitute for disinfection.**
- Do not use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. **Do not put lenses in your mouth.**



- **Note:** Some solutions may have more than one function, which will be indicated on the label. Read the label on the solution bottle and follow instructions.
- Clean one lens first (always the same lens first to avoid mix-ups) and rinse the lens thoroughly, as recommended by your eye care practitioner, to remove the cleaning solution, tear secretions, and film from the lens surface. Follow the instructions provided in the cleaning solution labeling. Put each lens into the correct chamber of the storage case.
- After cleaning, disinfect the lenses using the system recommended by your eye care practitioner. Follow the instructions provided on the disinfection solution labeling.
- After removing your lenses from the lens case, empty and rinse the lens storage case as recommended by the lens case manufacturer or the eye care practitioner, then allow the lens case to air dry. When the case is used again, refill it with fresh storage solution. Lens cases should be replaced at regular intervals as recommended.

## Lens cleaning

After removing the lens from the eye, place the lens concave-side up in the palm of your hand. Place two drops of cleaning solution on the lens (if using a one-bottle system, use this for all steps in the cleaning/rinsing/disinfection process). Gently rub each lens surface for 20 seconds using a circular motion.

## Rinsing

Rinse the lens using an adequate amount of the solution recommended by your eye care practitioner to completely remove cleaner and debris from the lens surfaces.

## Disinfection

Place each lens into the proper well of the case. Completely fill each well with fresh conditioning solution, close case, and allow to soak for the recommended time period.



## Lens case cleaning and maintenance

Contact lens cases can be a source of bacterial growth. Lens cases should be emptied, cleaned and rinsed, as recommended by the lens case manufacturer or the eye care practitioner, and allowed to air dry after each use. Lens cases should be replaced at regular intervals, as recommended by your eye care practitioner.

Problems with contact lenses and lens care products could result in serious injury to the eye.

It is essential that you follow your eye care practitioner's directions and all labeling instructions for proper use of your lenses and lens care products. If you experience eye discomfort, excessive tearing, vision changes and/or redness of the eye, immediately remove your lenses and promptly contact your eye care practitioner.

## WEARING SCHEDULE

Your contact lens practitioner should set your wearing schedule. Since new contact lens wearers tend to overwear their lenses, it is important to adhere to the initial maximum wearing schedule. Regular checkups, as determined by the eye care practitioner, are also extremely important.

Be certain that your lenses have been worn at least \_\_\_\_\_ hours at the time of your first follow-up office visit.

Day 1 \_\_\_\_\_ hrs.

Day 6 \_\_\_\_\_ hrs.

Day 11 \_\_\_\_\_ hrs.

Day 2 \_\_\_\_\_ hrs.

Day 7 \_\_\_\_\_ hrs.

Day 12 \_\_\_\_\_ hrs.

Day 3 \_\_\_\_\_ hrs.

Day 8 \_\_\_\_\_ hrs.

Day 13 \_\_\_\_\_ hrs.

Day 4 \_\_\_\_\_ hrs.

Day 9 \_\_\_\_\_ hrs.

Day 14 \_\_\_\_\_ hrs.

Day 5 \_\_\_\_\_ hrs.

Day 10 \_\_\_\_\_ hrs.