

Rigid Gas Permeable Contact Lens Information

Congratulations! You have been fit with quality contact lenses designed specifically for your visual correction. Please note that successful contact lens wear can only be achieved if the lenses are handled and cared for properly. The vision, comfort and safety you experience during lens wear depends upon how well you clean them, how long they are worn and how carefully you insert and remove them. The average life of a RGP lens is 24 months.

The following information should be followed closely to obtain successful contact lens wear.

Your RGP Lenses Are:

Spherical Toric Bifocal

Daily Wear Extended Wear

Your Care System Is:

Boston Original Boston Advance Boston SimPlus

Note: It is important that you read and follow the manufacturers instructions included in each care kit. Although many solutions look alike, there are important differences. Please check with your doctor before changing your care system.

Wearing Schedule:

First time wearers unless otherwise instructed, wear your lenses no more than 1-2 hours the first day and increase 1-2 hours per day as comfort allows.

Current RGP lens wearers may begin full time daily-wear immediately.

Follow-up: You will be asked to come back to the office for a follow-up examination so your doctor can verify the fit of your contact lenses. This usually takes place a week after your first exam. Wear your contact lenses for a minimum of four hours prior to your follow-up exam. (This visit is included in your contact lens examination fee.)

Handling Gas-Permeable Contact Lenses

Preparation:

ALWAYS wash and rinse your hands thoroughly and dry them with a lint free towel prior to handling your lenses.

Lens Insertion:

1. Develop a habit of always handling the same lens first to avoid mixing up the right and left lens. Remove one of your lenses from the case by touching your fingertip to the lens and lifting straight up. The lens should adhere to your fingertip. Avoid scooping the lens out of the case as this scratches the lens surface.
2. If the lens has been stored in a conditioning or combined soaking/wetting solution, the lens may be put directly on the eye.
3. Dry your index finger with a lint free towel and place the lens near the fingertip.
4. Inspect the lens for scratches or debris on the lens surface. If lint or foreign material is on the lens surface, or if the lens begins to dry excessively, rinse the lens with rinsing solution and re-inspect. Never wear a damaged lens.
5. With the middle finger of the hand that is not holding the lens, pull up the upper eyelid of your eye against the brow.
6. Hold the lower lid down with the middle finger of the hand with the lens.
7. With the lids held securely and the eye looking straight ahead or up, gently place the lens on the eye. Keep both eyes open.
8. After the lens is in place, remove your finger from the lens, look down slowly and release the eyelids. Close your eyes gently.
9. Open your eyes and blink. The lens should be centered on the eye.
10. After removing and inserting your lenses rinse your lens case with hot tap water and allow to air-dry.
11. If you drop a lens: Do not move excessively, search your clothes, yourself and the surrounding area, use a bright light to aid in your search. Moisten your fingers to pick-up an RGP lens.

Lens Removal:

1. Wash, rinse and dry your hands thoroughly.
2. Fill your cleaned case with the recommended soaking solution and set it aside.

- Method A:**
1. Tilt your head down parallel with the table top. For removal of the right lens, cup your left hand under the eye and catch the lens as it is removed.
 2. Place the tip of your index finger of your right hand at the outer corner of the right eye. Open your eyes wide.
 3. Pull the lid toward your ear. Blink. The lens should pop out.
 4. Clean and rinse the lens and place it in the storage case and repeat for left lens, this time manipulating the lids with your left hand.

- Method B:**
1. Tilt your head parallel with the tabletop. Cover the table with a soft cloth to catch the lens.
 2. Place the index finger of either hand on the upper eyelid directly above the contact lens and as close to the lash line as possible. Gently press the lid against the eye.
 3. Place the index finger of the opposite hand on the lower lid. Position the finger directly below the contact lens and as close to the lash line as possible. Gently press the lid against the eye.
 4. Maintain pressure against the eye and gently bring the upper and lower lid together. DO NOT allow the inner, pink portion of the lids to show. The lens should pop out.

Re-centering a Lens: When a lens moves onto the white of the eye, first locate the lens, and then look in the opposite direction (if it moved up, look down.) Use the eyelid to hold the lens in place as you gradually begin to look back toward the lens. The center of your eye will move under the lens.

Rigid Gas-Permeable Contact Lens Care

There are three steps to ensure proper lens care: **1.** Cleaning, **2.** Rinsing and **3.** Storing/Disinfecting. Each step serves an important function and should not be omitted from the care regimen every time the lenses are removed from your eyes.

Your doctor will determine which system is best for you (circled on page one of this booklet.) Never mix or alternate solution or disinfection systems without first consulting your doctor. To do so may result in eye irritation or damage of your lenses.

Cleaning: In order to maintain maximum comfort, vision and proper disinfection, it is important to clean your lenses after removal from the eye rather than prior to application.

1. After removal of the lens from the eye, place the lens in the palm of your hand.
2. Apply liberal amounts of recommended cleaning solution on the lens and rub it in a gentle, but firm motion using the little finger of the opposite hand. BE CAREFUL; these lenses can crack.
3. Concentrate on cleaning both lens surfaces for 20 seconds each. If needed a Q-tip can be used to assist in cleaning the inside (back) surface.
4. DO NOT rub between your thumb and index finger as this may cause lens warpage.

Rinsing:

Be sure the drain is plugged. Rinse the lens thoroughly under running tap water. If you are in an area where the water may be heavily contaminated use saline solution for rinsing.

Storage/Disinfection:

Place the clean rinsed lens in the clean contact lens case filled with soaking solution. Be sure the lens is away from the edge of the case and screw on the appropriate lid.

Never Store your lenses where they will be exposed to excessive heat or cold.

General Rigid Gas-Permeable Contact Lens Guidelines

- **Always** wash, rinse and dry your hands with a lint free towel prior to handling your lenses.
- Avoid **soaps** containing additives such as lanolin, lotions, creams, oils or perfumes. Consider using soap made especially for use with contact lenses.
- If you are handling your lenses near a **sink**, make sure the drain is closed &/or place a washcloth in the bottom of the basin.
- **Wear** your lenses in accordance to the schedule we have recommended for you.
- Use only those contact lens **solutions** we have recommended for you. Not all solutions are compatible with each other or your lenses and may be potentially dangerous to your eye.
- Many ingredients in **eye drops** may damage a contact lens. Do not use eye drops with your lenses unless they specifically note they are approved for gas permeable contacts.
- Never place a lens in your **mouth**. Bacteria normally found in your mouth can cause severe eye infection.
- Do not **sleep** in your lenses unless you have been fit with lenses specifically designed for extended-wear.
- Do not **swim** wearing your contact lenses as your eyes may be damaged, or your lenses lost.
- All contact lens wearers, with few exceptions, need a pair of **spectacles** for emergencies and for rest from contact lenses.
- A pair of non-prescription **sunglasses** will help protect your eyes outdoors.
- Do not hesitate to call us if you have any **questions** concerning your contact lenses at (727) **734-8843**.

Cosmetics and Misc. Hygiene Products:

- Only apply **hand or facial creams and makeup** after inserting lenses. Always remove your lenses before removing make-up.
- Use **water-based** make-up if possible.
- Use a good quality but water-resistant **mascara** and replace it every 3-4 months because it may become contaminated. Be careful to avoid touching your eye with the wand or brush during application.
- Never apply **eyeliner** on the inside of the lash line and make sure your eyeliner is water-soluble.
- **Saliva** should never be used on your lenses or around your eyes. Do not wet make-up applicators with saliva.
- **Hair spray** and chemicals (including deodorant) must be used with great care. Droplets from the spray can be difficult or impossible to remove from the lens surface. Be sure to close your eyes when applying hair spray. Walk away from the area where the spray was used as a mist usually lingers in the air. If possible use hair spray before inserting your lenses.
- If **chemicals splash into your eyes**, remove the lenses and flush the eyes liberally with a steady, low stream of water for at least 10 - 15 minutes. If lenses cannot be removed, wash the eyes with the lenses in. Notify us immediately.

Rigid Gas-Permeable Contact Lens Adaptation

Complete adaptation to lenses normally takes from three to five weeks.

Normal Adaptation Symptoms Include:

- Vision may be a little watery and may change as you blink.
- The sensation much like a small eyelash in the eye. This feeling gradually disappears.
- You may notice mild redness, tearing or itching of the eyes.
- Awareness of lens movement or increased blinking may be noticed. It is important that you continue to blink fully and completely.
- You may be sensitive to bright light. This sensitivity will lessen, but a good non-prescription pair of sunglasses will often provide the greatest comfort outside.

Signs of Caution:

When in doubt, take them OUT, and contact us at (727) 734-8843

- Persistent or severe redness
- Continued or excessive tearing
- Extreme light sensitivity
- Inability to open eyes
- Pain

Blinking

Correct blinking is essential in order to obtain successful contact lens wear. An incomplete or partial blink sometimes occurs during adaptation when the lids may "notice" the lens more.

It's important to overcome this tendency and to maintain a full blink. Although it may

increase awareness of the lens initially, it will improve long-term comfort and success with

wear. Correct blinking is relaxed with full gentle closure of the eyelids. Don't squint or

squeeze the eye shut.