

# Caring for your Gas Permeable contact lenses

A guide to applying, removing and cleaning your gas permeable contact lenses, With regular use you may develop your own preferred method of applying and removing your contact lenses but this is the method we usually teach as a starting point.

## Wearing schedule

Day 1:

2 hours adding on \_\_\_\_\_ hours per day to a maximum wearing time of \_\_\_\_\_ hours.

Solution:

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Extra instructions:

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Next appointment:

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If you need any further help please contact the practice or see our website for more information.

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## Contact us

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## Applying your Gas Permeable lenses

- Remove your lens from the case using the pad of your finger.
- Examine your lens to ensure it is clean and undamaged.
- Rinse the lens with several drops of multipurpose solution.
- Use both hands to hold your upper and lower eyelids.
- Keep both eyes open, looking straight ahead.
- Gently place the lens onto the coloured part of your eye, and then release first your lower then upper eyelids.

## Gas Permeable lens centring

If your lens moves off-centre and needs to be re-aligned in your eye:

- Locate your contact lens by looking in the mirror, or feel for the outline of the lens through your closed eyelid.
- Look in the opposite direction. For example, if the lens is under your upper eyelid, look down.
- Use your fingertips to place the edge of your eyelid next to the edge of the lens, and nudge it back into position as you shift your gaze toward the lens.

## Removing your Gas Permeable lenses

There are two common methods for lens removal.

### Method 1: Blink out the lens

- Place your middle finger on to the outer corner of your eyelid.
- Look straight ahead. Gently but firmly pull straight back, pulling the edges of your eyelid tightly against your eye.
- Blink hard and your lens will pop out. Catch the lens in your hand, or let it fall onto a flat surface covered with a clean towel.

### Method 2: Manually remove the lens

- Place your index or middle finger tight against your right upper eyelid, pinning back the lashes.
- Place your other index or middle finger tight against the edge of your lower eyelid
- Next you have two options. Either pull your eyelids away from your nose, keeping your eyelids tight against your eye. Or push your eyelids towards each other, keeping the eyelids tight against your eye. Both options will easily pop the lens out.

## Storing and Cleaning

After removing your lenses, clean them immediately to remove mucus, protein and debris that may have built up on the surface during the day.

- Place the lens in your palm and apply a few drops of a cleaning solution recommended by your optometrist. Gently rub the lens in a circular motion with your ring finger, not rubbing the lens too hard.
- Rinse the cleaner off with an approved lens rinsing solution.
- Fill your case with fresh storing solution. Always use fresh solution each time you clean and store your lenses.
- After use, rub the inside of your case with clean fingers, rinse with fresh disinfecting solution and allow to air dry naturally.
- Replace your storage case whenever you open a fresh bottle of solution.

## Remember

- Always wash and dry your hands thoroughly before handling your lenses. Avoid using soaps that are strongly perfumed or contain moisturisers.
- Never sleep in these contact lenses.
- Do not use tap water or saliva to rinse your lenses or case.
- Use fresh solution each time you clean and store your lenses.
- Do not swim or shower in your lenses without seeking the advice of your optometrist.
- Avoid lens mix-ups. Always start with the same contact lens when you apply, remove and clean your lenses.
- If your eyes become red and/or painful at any time, please seek the advice of your optometrist.

