

GAS-PERMEABLE (GP) CONTACT LENS INFORMATION

Congratulations! You have been fit with quality contact lenses designed specifically for your visual correction.

We have exercised all of our knowledge and skill in providing you with the best possible. However, 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 your lenses, when and how long they are worn and how carefully you apply and remove them.

Be sure to have worn your lenses **at least 3 hours** at the time of your next visit unless specifically instructed otherwise.

GAS-PERMEABLE CONTACT LENSES

The cornea, or front of the eye, requires a supply of oxygen from the atmosphere to remain healthy. Gas-permeable lenses are made of a special plastic that "breathes" allowing needed oxygen to pass directly through the lens to the eye. They generally provide excellent vision, even in the presence of astigmatism. They are also very useful in treating conditions in which the cornea is irregular in shape.

Comparison with Soft Lenses

Gas-permeable lenses often provide better vision than soft contact lenses. They are also generally easier to care for and are more durable. Gas-permeable contact lenses do require a longer period of adaptation (approximately one week). However, comfort with either lens following adaptation is comparable.

Lens Care

Care for gas permeable lenses is very simple. However, they may break if subjected to excessive pressure. If a few simple but important handling guidelines are followed, as outlined in the following pages, gas-permeable contact lenses can be very durable and last quite a few years.

CARE AND HANDLING

PREPARATION

- ALWAYS wash and dry your hands thoroughly prior to handling your lenses.

LENS APPLICATION

1. Develop a habit of always handling the same lens first to avoid mixing 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 wetting/conditioning or combined soaking/wetting solution, the lens may be put directly on the eye. Some care systems require a quick rinse to remove the soaking solution, followed by application of a wetting solution before placing on eye. (Consult care system list on first page)
3. Dry your index finger with a lint-free towel and place the lens near the fingertip.
4. With the middle finger of the hand not holding the lens, pull up the upper lid of your eye against the brow.
5. Hold the lower lid down with the middle finger of the hand holding the lens.
6. With the lid held securely and the eye looking straight ahead, gently place the lens on the eye. **KEEP BOTH EYES OPEN.**

7. After the lens is in place, remove your finger from contact with the lens, look down and slowly release the eyelids. Close your eyes gently.
8. Open your eyes and blink. The lens should be centered on the eye.
9. After removing your lenses from the contact lens case, rinse your lens case with hot tap water and allow to air dry. A Q-tip or clean toothbrush can be used to assist in cleaning your case. Heavily soiled cases should be replaced.
10. If you drop a lens:
 - a. do not move excessively (to avoid stepping on the lens)
 - b. search your clothes and yourself as well as the surrounding areas
 - c. use a bright light to aid your search
 - d. moisten fingers to pick up a rigid gas-permeable lens

Touch your finger to the lens and lift straight up (don't slide the lens) or you may use a piece of paper to slide under an upside down lens.

11. If a lens is uncomfortable or vision blurred when the lens is applied to the eye, remove, clean, rinse, rub front surface with wetting solution, and reapply it. If the discomfort or blur persists, remove the lens and call us. **NEVER WEAR A DAMAGED LENS.**

LENS REMOVAL

1. Again, wash and rinse hands thoroughly.
2. Fill your cleaned case with the recommended soaking solution and set aside.

A.METHOD1

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 the index finger of your right hand at the outer corner of the right eye. Open your eyes wide.
3. Pull the lids toward your ear. The lens should pop out.
4. Clean and rinse the lens and then place it in the storage case and repeat for left lens, this time manipulating the lids with your left hand.

B.METHOD2

1. Tilt your head down parallel with the mirror or table top. Cover the table with a soft cloth to catch the lens.
2. Place the index finger of either hand on the upper eye lid directly above the contact lens and as close to the lash line as possible. Pull the lid up above the lens and gently press the eyelid 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.

RECENTERING A LENS

If a lens decenters onto the white of the eye, first locate the lens, then look in the opposite direction (e.g., if the lens is decentered up, look down) bringing the lens to the straight ahead position. Use the eyelid to hold the lens in place as you gradually begin to look back toward the lens. The center of the eye will move under the lens recentering it.

CONTACT LENS CARE

There are three steps to proper contact lens care: **1. Cleaning**, **2. Rinsing**, and **3. Soaking/ Disinfecting**. Each step serves an important function and should not be omitted from the care.

1. CLEANING

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

After removal of the lens from the eye, apply liberal amounts of recommended cleaning solution (see page 1) and rub the lens in the palm of one hand with a gentle but firm motion using the little finger of the opposite hand. Be careful; these lenses can crack. Concentrate on cleaning both lens surfaces for about 20 seconds. If needed, a Q-tip can be used to assist in gently cleaning the inside (back) surface. **DO NOT** rub between your thumb and index finger as this may cause lens warpage.

2. RINSING

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

3. STORAGE/DISINFECTION

Place the clean, rinsed lens in the clean contact lens case filled with the appropriate soaking solution (as listed on first page). 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.

4. PROTEIN REMOVAL

Many daily cleaners are not effective in removing tightly bound protein from the lens surface. Therefore, a separate cleaner called an enzyme cleaner may be used once per week to help prevent excessive protein build-up. Consult with your doctor to determine if an additional enzyme/protein cleaner is necessary for your contact lenses.

GENERAL 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 Neutrogena or Ivory soap prior to handling contact lenses. There are also soaps available designed specifically for use with contact lenses.
- If you are handling your lenses near a sink, make sure the drain is closed and/or place a washcloth in the bottom of the basin.
- Only apply hand or facial creams and makeup after inserting lenses. Always remove your lenses before removing makeup.
- Wear your lenses in accordance with the schedule we have recommended for you.
- Avoid toxic vapors, hair spray and chemicals. If chemicals are splashed 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.**

- 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 eyedrops with your lenses unless approved by us. Never place a lens in your mouth. Bacteria normally found in your mouth can cause severe eye infections.
- Do not sleep in your lenses unless you have been fit with lenses specifically designed for extended wear.
- All contact lens wearers, with few exceptions, need a pair of spectacles for emergencies and for rest from contact lenses
- Do not hesitate to call us if there is anything you do not understand concerning your contact lenses.

ADAPTATION

Complete adaptation to lenses normally takes from one to four weeks.

Normal adaptation symptoms include:

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

Important Signs of Caution:

Persistent or severe redness
 Continued or excessive tearing
 Decreased vision
 Mucous discharge
 Extreme light sensitivity
 Inability to open eyes
 Pain

WHEN IN DOUBT TAKE THEM OUT and contact us.