

## West of England Eye Unit

# Care of Rigid Gas Permeable Contact Lenses

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### Please read carefully

1. **Always** wash and dry your hands thoroughly before inserting or removing your lenses. Keep your fingernails short.
2. Work over a clean, flat surface. Insert the plug if you are working over a sink.
3. Eye infections may occur due to poor lens case hygiene. Rub your case firmly with a clean tissue and some soaking and wetting solution weekly and then dry with a clean tissue. Do not use soap.
4. Remember to replace your lens case at least every 3 months.
5. Do not rinse your lenses or lens case with tap water as this can cause eye infections.
4. Hold your eyelids open and insert the lens directly onto the centre of your cornea, i.e. over the black pupil.
5. If the lens slips onto the white of your eye, gently use the edges of your eyelid to push it back into the centre, or remove the lens and re-insert it onto the centre of your cornea.
6. If the lens is particularly uncomfortable, remove it, rinse it with *Saline solution* and re-insert.
7. If you wear two lenses then repeat steps 1 – 6 for the second lens.
8. Rinse the case with *Saline* and leave it to air dry.
9. Only apply make up after contact lens insertion.

### Lens insertion

1. Place the soft part of your fingertip in the centre of the lens to remove it from the case. Take care not to drag lens up the side of the case, as this may cause scratching.
2. The lens may be inserted directly from the *Wetting and Soaking solution* in the case, or rinsed with *Saline* first. Check that the lens is not damaged.
3. Balance the lens on your fingertip and place a drop of fresh *Wetting and Soaking solution* onto the centre of the lens. This 'cushions' the lens and makes it more comfortable when inserted in the eye.

### Lens removal

1. Remove the lens as directed by the optometrist.
2. Place the lens onto the palm of your hand, turned upwards like a cup.
3. Place a drop of *Cleaner* (from the small bottle) onto the lens and your hand. Rub lens gently, but positively, with the little finger of your other hand for 20 seconds. Rinse away the *Cleaner* with *Saline*.
4. Place fresh *Wetting and Soaking solution* (from the larger bottle) into the case.

5. Place the lens into the correct side of the lens case.
6. If you wear two lenses, repeat steps 1 to 5 for the other eye.

## **DO NOT GET CLEANER IN YOUR EYE**

## **Points to Remember**

1. If either eye is red, sticky or painful, remove the lens and if symptoms persist, contact the **Optometry Department on 01392 406037** or **The Eye Room / Nurse Triage number on 01392 402399**.
2. **Always keep your aftercare appointments.** If the time is inconvenient please contact the Booking office on **01392 406922** to re-arrange the appointment.
3. Never wear your lenses overnight.
4. Do not wear your lenses for longer than the optometrist advises. Build up your wearing time gradually. Begin with 2 hours and increase by 1 hour daily.
5. Never wear a damaged lens. If you need a replacement contact the Optometry Department.
6. If you have a sudden sharp pain, there may be a speck of dust under the lens. If so, remove the lens, rinse and re-insert.
7. Take care with the edges of your lenses. If you drop a lens, pick it up by gently touching the centre of the lens with a finger wetted with Wetting and Soaking solution.
8. Always use fresh solutions daily. Only use the solutions recommended by the optometrist.
9. Do not touch the tip of the bottles with your finger or lens, or you may contaminate the solution. Always replace the lid on your solution bottles and keep away from direct sunlight and heat.
10. Always maintain an up to date pair of back up glasses if possible.
11. The optometrist will advise you of the recommended brand of solutions to use. If you prefer to use a different brand, please discuss this at your aftercare appointment.
12. Sometimes separate cleaners are not necessary. Speak to the Optometrist at your appointment.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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