

Lens Removal

Step 1

Prior to handling your lenses, be sure to wash and rinse your hands. Cover the sink drain and place a towel next to the sink.

Step 2

Starting with your right lens, place your right hand over the lower lashes pinning the lid margin against the eye. Remember, it is your lid positioned against the eye that ejects the lens. Place the left index and/or middle fingers under the upper lashes and pin the upper lid against the eye. Pull the lids outward (i.e., away from the nose) and the lens should either fall onto the lashes or onto a soft surface such as a towel positioned next to the sink. Repeat this procedure for the left eye using the opposite hands.

An alternate method is to start with your right lens and place the tip of the index finger of one hand on the middle of the upper lid margin and the index finger of the other hand on the middle of the lower lid margin. Pull the lids apart and gently press them backwards onto the globe of the eye. Then press the edges of the lids together so the lens is squeezed out of your eye. Repeat this procedure for the left eye.



For First Time GP Wearers

If this is your first experience with GP contact lenses, your eyecare professional may elect to start you on a limited wearing schedule so your eyes can adjust to the new lenses. While they may be comfortable enough, it's important for the health of your eyes to follow the wearing schedule prescribed.

Wearing Schedule

Day 1 _____ hours	Day 5 _____ hours
Day 2 _____ hours	Day 6 _____ hours
Day 3 _____ hours	Day 7 _____ hours
Day 4 _____ hours	Week 2 _____ hours

As with wearers of all types of contact lenses, routine follow-up care is also very important. If any problems or discomfort develop, call your eyecare professional. This may include:

- Sudden blurred vision
- Excessive tearing
- Persistent discomfort
- Light sensitivity
- Unusual redness

This brochure has been designed as a supplement to your eyecare professional's care and advice. If you have any questions after reviewing the material in this brochure, be sure to ask your eyecare professional.

Compliments of the Eyecare Professionals at:

ABBA Optical.
www.abbaoptical.com
 800-331-2015



www.contactlenses.org

GP LENS CARE & HANDLING



Application, Removal & Cleaning Procedures

Proper Hygiene

Good hygiene is essential in GP lens care and handling. Before handling your lenses always...

- Wash & rinse hands thoroughly
- Avoid soaps with creams or perfumes
- Use a clean, lint free towel
- Close or cover the sink drain
- Start with the right lens to avoid mix-ups



Following proper hygiene procedures will help prevent dirt, debris and residue from getting into your eyes or on your lenses.

Lens Application

Step 1

Remove the right lens from the lens case. As the lens surface can be easily scratched, be sure to avoid scraping the side of the lens chamber as you remove your lenses.

Step 2

Rinse the lens with a rinsing or wetting solution and allow the lens to rest concave side up in the palm of your hand. Place a drop of wetting solution in the bowl of the lens.

Step 3

With your right middle finger holding down your lower lid and the index finger of your left hand holding the upper lid, gently place the lens directly on the cornea and blink. Repeat this procedure for the left eye.



Cleaning & Disinfecting

Cleaning and disinfecting your lenses is an important procedure that must be performed immediately every time lenses are removed. Cleaning is necessary to remove mucous, film and residue on the lens surface, while disinfecting is used to prevent germs from causing eye infections.

There are many different brands of lens care products available for GP contact lenses. Your eyecare professional will help determine which is best for you and your lenses. To avoid potential complications, always follow the lens care regimen recommended by your eyecare professional.



Step 1 - Cleaning

To clean your lenses, place the lens in the center of your palm and apply a couple of drops of cleaning solution to the surface. Rub gently but firmly for about 20 seconds.

Step 2 - Rinsing

After cleaning, rinse your lenses with a rinsing solution and place them carefully into the storage case.

Step 3 - Disinfecting

To disinfect your GP's, fill the chambers of your storage case with enough disinfecting solution to cover the lens. Always use fresh disinfecting solution and follow the product disinfecting schedule.

About Extended Wear

If you are on an extended wear schedule, follow the product instructions for minimum disinfecting time. The cleaning routine may include the use of a weekly enzymatic cleaner to remove protein deposits on the surface of the lenses. Instructions will be given separately if this applies to your lens care program. It is important not to sleep in your GP lenses unless on the advice of your eyecare professional.

Maintaining Comfort

To maintain comfort, occasional use of rewetting drops may be used to help soothe the eyes if they ever feel dry or filmy. Extended wearers may also find them helpful prior to bedtime and upon awakening.

Lens Position

Occasionally, the lens may become displaced on the white portion of the eye and may need to be recentered.

To reposition the lens first identify where it has decentered; look away from the lens (i.e. if it is temporal look towards your nose) place your finger adjacent to the lens edge and look toward the lens and it should shift onto the eye.

Or

To reposition the lens, close your eyelids and gently massage the lens into place.

Your eyecare professional can assist you with additional methods for recentering lenses.

