

## *Jorgensen, Schulz, and Associates*

### ***Rigid Gas Permeable Contact Lens Insertion and Removal***

**Step 1:** Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses. (Avoid the use of soaps containing cold cream, lotion, or oily cosmetics)

**Step 2:** Carefully open the lens container for the right eye and remove the lens. It is a good idea to get in the habit of always working with the same lens first, the right or left, in order to avoid mix-ups. The right lens will have a black dot on it. This dot does eventually fade away.

#### ***INSERTION***

- Step 3:**
- Position the lens on the index finger of the dominant hand.
  - Using the middle finger of your other hand, pull and hold your upper lid with the lashes, in the center, so that you cannot blink.
  - Pull down your lower eyelid, using the middle finger of your inserting hand. Again, you want the grip to be in the center of both upper and lower lids to accomplish largest opening.
  - Gently place the lens on the eye, release one lid and then the other, blink, and lens will center automatically. It is helpful for most patients to look at themselves in the mirror during the procedure.
  - Repeat the above process for the left eye.

**Step 4** - Prior to removal, fill the lens container with the recommended solution.

#### ***REMOVAL***

- Step 5:**
- Always remove the same lens first
  - Wash, rinse and dry your hands thoroughly as discussed in Step 1.  
*(Always be sure the lens is on the cornea before attempting to remove it. To determine this cover the other eye, if vision is blurred, the lens is either on the white part of the eye or it is not on the eye at all. To locate the lens, inspect the upper area of the eye by looking down into a mirror while pulling the upped lid up. Then, inspect the lower area by pulling the lower lid down.)*
  - Place the finger on the corner of the eye and apply equal outward pulling force to the upper and lower lids. This tightens the lids against the upper and lower edges of the lens. Blink, and if all goes well, the lens pops out of the eye. Another method is to use a lens removal tool. This has a small suction cup on the end of the holder. Place suction cup on the lens and remove.
  - Clean the lens as instructed by your eye care professional technician, place in case with fresh solution. Be sure to discard solution daily and

replace case every three months. Care systems may vary; daily cleaners, disinfectants, and wetting agents.

- Daily cleaners - place a drop of cleaner on the cupped side of the lens and rub the lens gently. Then rinse with tap water. (always be sure your drain is closed securely)
- Disinfectant – clean lens with disinfectant (conditioning/storage solution), rinse with water and then store in case with conditioning solution.
- Make sure that you use fresh conditioning/storage solution daily.

***Basic Instructions:***

- Always follow the recommended cleaning and disinfecting regimen, instructions, and warnings for lens care from your eye care practitioner.  
***Failure to do so can lead to serious eye infections.***
- Always use fresh unexpired lens care solution.
- Contact lens cases can be a source of bacteria growth. Be sure to empty, clean, and rinse your case out daily and let it air dry. You should replace the case every three months.
- Do not wear your lens longer in a 24 hour period than what you were instructed.
- Do not wear your contacts while swimming
- If the contact lens becomes de-centered from the cornea, it cannot travel behind the eye. Using a mirror, try to locate the lens, you may have to check under the upper or lower lid. Move the lens to the cornea by pushing against it with the eyelid. If the lens falls out during the relocation procedure, re-insert in the usual manner.
- Please remember the warning signs which the technician explained to you; uncomfortable lenses, any redness, burning, itching, stinging, redness, watery eyes, discharge from the eyes, sensitivity to light, cloudy or blurred vision. If you experience any unexplained warning system, remove your lens and schedule a contact lens check, before wearing lenses again.
- A good contact lens fit requires constant evaluation by your optometrist. A full exam and contact lens evaluation should be every year. Failure to do so could result in serious eye problems.