

contact⁺

contact lenses

A Guide To Using RGP Contact Lenses

DAYBELL & CHOO

CONTACT LENS PRACTITIONERS & OPTOMETRISTS

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About Your Contact Lenses

contact⁺

Thank you for purchasing your contact lenses from Daybell & Choo Optometrists

At Daybell & Choo Optometrists we are dedicated to caring for you and your eyes.

This booklet has been designed to help you enjoy your contact lenses by reminding you of all the useful hints and tips you may have forgotten since your initial 'application and removal session' in practice. It also aims to answer some of the important questions about contact lenses that we are frequently asked. Should you have any further questions, please contact a member of our team.

It is important to follow the advice given to you by your contact lens practitioner regarding your personalised wearing schedule and cleaning routine for your contact lenses. It is also important that you attend all of your eye exams and contact lens aftercare appointments, even if you aren't experiencing any problems. If you fail to attend your aftercare appointments, it could result in a delay to the continual supply of your lenses.

application & removal

Here are a few things to remember that will soon become second nature to you... trust us! It's mostly a matter of routine and a bit of hand-eye coordination.

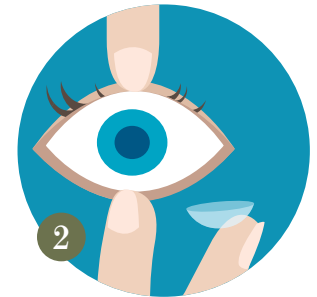
If you experience any difficulty with any part of this process, please don't hesitate to contact your contact lens practitioner.

Applying your lenses

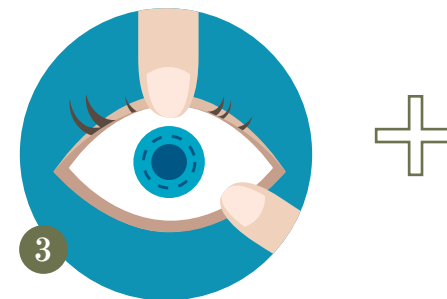
- + Wash your hands with anti-bacterial soap and dry thoroughly before handling your contact lenses.



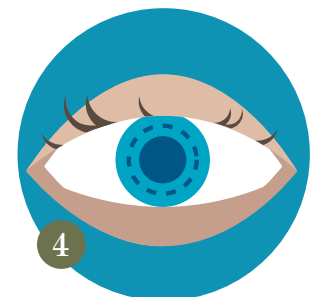
Place the lens on the index finger of your dominant hand. Check for damage to the lens.



Place the lens on the index finger of your dominant hand, lift the top eye lid with the middle finger of your other hand. Lower the bottom lid with the middle finger of your dominant hand.



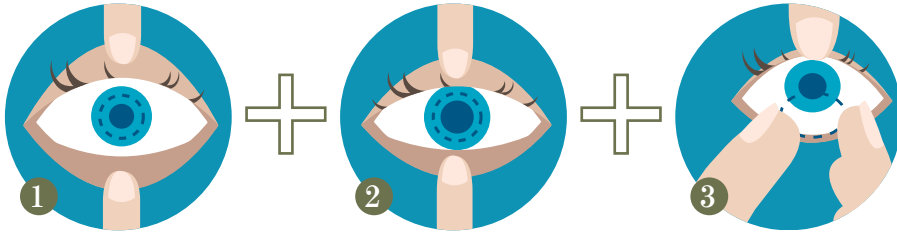
Place the lens directly onto the centre of the eye, whilst maintaining control of your lids.



Slowly release the lids and blink gently.

Removing your lenses - Option 1

- + Wash your hands with anti-bacterial soap and dry thoroughly before handling your contact lenses.



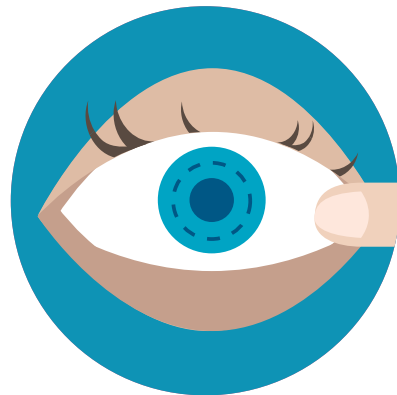
Place your fingers at the 12 and 6 o'clock positions, as close to the lid margins as possible.

Whilst looking straight ahead at yourself in the mirror, push the lids in towards the globe, then together. The lid margins should touch the lens at the same 12 and 6 o'clock position.

Continue to apply pressure until the lens 'pops' off the eye, being careful to catch the lens (or let it land on a clean surface).

Removing your lenses - Option 2

- + Wash and dry your hands thoroughly.
- + With head-down posture, look directly at yourself in a mirror on the tabletop.
- + With a wide eye, place your finger on the outside corner of the eye. Pull the finger out towards your ear, blinking at the same time. The lid tension should 'pop' the lens out.



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Caring For Your Lenses: Multipurpose Solution

Method

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Fill your contact lens case to the line with fresh solution.
- + Remove the contact lens from your right eye and place in the palm of your opposite hand.
- + Apply several drops of the solution to the contact lens then rub the lens with your dominant index finger in a circular motion for 15-20 seconds on each side.
- + Rinse the contact lens with fresh solution.
- + Place the lens in the side of the contact lens case with the lid marked R (for barrel cases, place the cleaned contact lens on the 'domed' part of the central holder of the barrel case).
- + Repeat for the left eye.
- + Ensure the case lids are secured tightly and leave the lenses overnight, or for a minimum of 4 hours. If contact lenses are left in storage for more than two days, you need to repeat the disinfection process before use.

Remember:

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Insert your contact lenses directly from the solution.
- + Empty the case of all solution and rinse with fresh solution. Wipe the case with a clean tissue then place the case and the case lid upside down on a clean tissue and allow them to dry.
- + Discard any remaining solution from an opened bottle after three months. Writing the date the bottle was opened on the bottle itself helps you to keep track of this.
- + Change your contact lens case every 4-6 weeks or as instructed to do so by your contact lens practitioner.
- + Do not use solution from an unopened bottle that has passed its expiry date.



Caring For Your Lenses: Peroxide Solution

Method

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Remove the contact lens from your right eye.
- + Open the basket of your barrel case marked 'R'. Place the contact lens on the domed part of the central holder of the barrel case and close, ensuring not to catch the edge of the lens.
- + Repeat for the left lens.
- + Fill the barrel case to the indicator line with your peroxide solution.
- + Depending on which peroxide solution you have been supplied with, the case will either have a black disc at the bottom of the case or you will be required to drop a small tablet into the solution. Both of these methods neutralise the peroxide solution.
- + Place the central holder into the barrel and close securely. Leave over night, or as per the manufacturer's guidelines, ensuring the case is kept upright.

Remember:

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Insert your lenses directly from the solution which has now been neutralised and safe to apply to the eye. Do not rinse your contact lenses with peroxide solution and never apply peroxide solution directly to the eye from the bottle.
- + Empty the case of all solution and allow to air dry.
- + The solution must be changed in the case every day whether the lenses have been worn or not.
- + You should change your case every month or as instructed to do so by your contact lens practitioner.

Precautions: * Do not apply Hydrogen Peroxide solution directly to your eyes * Use only the special lens case provided when using peroxide solution. * Do not wear lenses that have been soaking in peroxide for less than the length of time suggested by the manufacturer. * If unneutralised peroxide solution gets into your eyes, immediately remove your lenses and flush your eyes with either saline or running water and seek advice from your optician * Do not rinse lenses in peroxide solution before inserting in eyes.

Caring For Your Lenses:

do don't

- ✔ Always wash your hands with anti-bacterial soap, then dry your hands thoroughly before inserting, removing or handling your lenses.
- ✔ Be sure to follow the recommended procedure for cleaning and disinfecting your lenses.
- ✔ Remove lenses in the event of persistent irritation and contact your contact lens practitioner immediately.
- ✔ Only use solutions advised by your contact lens practitioner.
- ✔ Remember to change your solution regularly when lenses are not being worn.
- ✔ Attend eye exam appointments as instructed to do so by your optometrist.
- ✔ Attend aftercare appointments as instructed to do so by your contact lens practitioner.
- ✔ Wear your contact lenses for aftercare appointments and remember to bring your contact lens case and spectacles with you.
- ✔ Always follow instructions given to you by your optometrist or contact lens practitioner.
- ✔ Ensure you have an up-to-date pair of spectacles to wear in the event you are unable to wear your lenses and to ensure you give your eyes regular breaks from contact lens wear.
- ✔ If ever in doubt, check with your contact lens practitioner.
- ✔ Keep out of the reach of children.
- ✔ Check lenses for damage before insertion.
- ✔ Change your lenses at the intervals specified by your contact lens practitioner.

- ✘ Use tap water, or any other water, on your lenses or lens case.
- ✘ Sleep in your lenses unless specifically recommended to do so by your contact lens practitioner.
- ✘ Swim/shower/bathe in your lenses without the advice of your contact lens practitioner.
- ✘ Ever lick or put your lenses in your mouth.
- ✘ Wear your lenses if you think you may have an eye injury/infection/damaged lens.
- ✘ Top-up yesterday's solution.
- ✘ Share your lenses with anyone else.
- ✘ Wear for long plane journeys without first consulting your contact lens practitioner. This is due to the risk of them drying out and the potential of sleeping in your lenses.
- ✘ Apply drops or eye medication without first consulting your contact lens practitioner, doctor or pharmacist.
- ✘ Touch the bottle tip to any surface or your eye which could cause contamination to the eye or solution.
- ✘ Do not drive or operate heavy machinery if you are not entirely happy with your vision.



General Advice

Make-Up

- + Only put make-up on after applying your contact lenses, not before.
- + Do not use mascara that flakes.
- + When using hair spray, close your eyes to prevent any getting onto your lenses, or spray before inserting your lenses.
- + Do not share make-up with anyone.
- + Check the date on any make up being used as out of date make up may lead to infections.
- + In the event of an eye infection, discard any make-up that comes into contact with your eyelids/eyelashes.

Infection

- + Should you ever suspect you have an eye infection:
 - Cease contact lens wear immediately.
 - Contact your contact lens practitioner immediately for further advice.
- + Should you ever have a painful red eye with aversion to bright lights and a reduction in vision, cease wearing contact lenses immediately and go straight to your local eye hospital or A&E department.
- + Do not store contact lenses in the bathroom.

Ask yourself these three questions each time you wear your contact lenses:

- 1 Do my eyes feel good?
- 2 Do my eyes look good?
- 3 Can I see well?

If the answer to any of these is no, cease wearing your contact lenses immediately and consult your contact lens practitioner.



Further Advice

Always bring your contact lens case and spectacles with you to every contact lens appointment. Details will be discussed at your appointment.

FAQs

What happens if I continue to wear my lenses after my contact lens practitioner has recommended I change them?

It is important to replace your lenses as advised by your contact lens practitioner. Even over just a short period of time, microscopic deposits and bacteria are formed on the lens surface, which means they become less comfortable and carry a higher risk of infection. For RGP lenses wearers this may lead to blurred vision. New lenses every twelve months ensure optimal correction and ocular health.

Why shouldn't I use tap water to clean and store my contact lenses?

Tap water carries micro-organisms that can cause serious sight-threatening eye infections, keep it away from your contact lenses and lens case. Ensure your contact lenses and lens case are cleaned as recommended by your contact lens practitioner.

Do I need to clean my contact lens case?

Yes! An often-overlooked aspect of contact lens care is keeping the lens storage case clean and safe. Lens cases can quickly become contaminated with micro-organisms and consequently be a source of bacterial growth, increasing the risk of infection. Therefore, it is important to leave the storage case open when you have emptied it, so it can air-dry after each use. Contact lens cases should be changed every 4 to 6 weeks or as instructed to do so by your contact lens practitioner.

Customer Acknowledgement Form

Your Copy

Please sign the form below; this copy is for your own records. A scanned copy will be kept on your record in practice. Please read the acknowledgement form carefully before signing it. Should you have any questions or require further information, please do not hesitate to ask a member of the team or your contact lens practitioner.

- + I have been given a full explanation of the various types of contact lenses suitable for me and the benefits and risks of each type.
- + I am aware that wearing contact lenses could possibly put me at risk of eye infections and associated complicated infections.
- + I have received full instructions (demonstrative, verbal and written) on how to insert, apply, remove and care for my contact lenses.
- + I am aware of and understand the instructions for cleaning and caring for my contact lenses, which have been demonstrated to me. I acknowledge that adherence to these instructions will reduce the risk of possible infections and associated complications.
- + I am able to recognise the correct solution prescribed by the lid colour, name and general bottle appearance.
- + I have received and understand the wearing schedule for my contact lenses.
- + I am aware of what I should do in the event that I have any problems with my contact lenses, both during and outside of normal working hours.
- + I understand the importance and benefit of attending regular contact lens aftercare appointments. Should I not attend these appointments, I am aware that my new contact lenses cannot be supplied until I have had a contact lens aftercare appointment.
- + I understand the importance and benefit of attending regular eye exams. Should I not attend these appointments, I am aware that my new contact lenses cannot be supplied until I have had an eye exam.
- + I am aware of the risks associated with extended contact lens wear and understand the course of action to take should I have a problem. I am aware that I should not wear lenses overnight unless advised to do so.
- + I understand that if my contact lenses are uncomfortable, I should remove immediately and seek advice from my contact lens practitioner.
- + I understand I should never sleep in my contact lenses unless recommended by my contact lens practitioner.
- + I am aware that daily disposable lenses must be disposed of after one day's wear.
- + I am aware that reusable lenses must be disposed of as recommended by the manufacturer.
- + I am aware of the risks associated with water coming into contact with my contact lenses and/or contact lens case.

Name _____

Date _____

Signature _____

Customer reference number _____

About Your Contact Lenses

To be filled in by your contact lens practitioner

	Sphere	Cyl	Axis	Add	BC	Diam
Right Eye						
Left Eye						

Name _____

Type _____

Cleaning/disinfecting system _____

Wear your lenses on the first day for a maximum of _____ hours.

Increase your wearing time daily by a maximum of _____ hours.

Once you have built up a wearing time, you are recommended to wear them _____ hours per day, _____ days per week.

Please do not exceed the recommended wearing time even if the lenses feel comfortable, as there could be issues that may occur after the contact lenses are removed.

Your aftercare appointments are extremely important; please remember to wear your contact lenses to all aftercare visits, unless you are experiencing problems. Please also remember to bring a contact lens case and your spectacles with you.

Your next aftercare appointment is at _____ : _____ on _____ / _____ / _____ Customer reference number _____

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