

Rigid Gas Permeable Daily Wear Contact Lens

Patient Information Leaflet

Introduction

This Patient Information Leaflet is intended to review and emphasise the rules for proper care, handling and use of your RGP Contact Lenses. If you have any questions concerning your RGP lenses, please consult your practitioner.

New Lenses

New lenses are normally supplied in a 'wet' state using a multi-purpose soaking solutions. However there is a 1 month expiry date on the solution. If the date has expired, the lenses must be cleaned using a RGP contact lens cleaning solution and then re-soaked in fresh multi-purpose solution before initial delivery.

Preparation for Wear

If security seal is broken, do not use.

Wash hands with a mild, unscented, non-abrasive soap. Rinse well and dry with a lint-free towel or wipes.

Lens Placement

Always start with the right lens. Inspect the lens, making sure it is clean and undamaged, and then rinse the lens with multi-purpose saline solution. Dry lenses are more susceptible to deposit accumulation, so handle them as little as possible. Keep lenses wet with multi-purpose solution. Extend the index and the middle fingers of the right hand and rest the contact lens in the depression between the two fingertips. Fill the lens completely with multi-purpose solution. Using the ring finger of the right hand, pull down the lower lid. Using the middle or index finger of the left hand, pull up the upper lid until the entire colour portion of the eye is exposed.

Look straight ahead with both eyes open and keep your head in a horizontal position. Slowly bring the lens towards the eye. When the wet surface of the lens touches the fluid layer of the eye, there will be an attraction of the lens to the surface of the eye. When the lens has settled in place, release the lids slowly and look down for several seconds. To insert the left lens, repeat the procedure.

Lens Removal

Before removing your RGP lenses, have the following items available:

- Lens storage case
- Recommended cleaning solution
- Recommended multi-purpose solution

We recommend that a case without supporting prongs is used as the prongs can distort the lens. The case should be cleaned regularly using a mild solution of detergent, rinsed thoroughly and allowed to air-dry before introducing a fresh supply of multi-purpose solution.

Wash hands with a mild, unscented, non-abrasive soap; rinse well and dry with a lint-free towel.

Look down while gently pulling the upper lid up and above the contact lens edge with the index and middle fingers. At the same time, place the index finger of the other hand on the lower lid margin.

Slowly look up and gently push in and down with the two fingers on the upper lid, lifting the contact lens off the cornea. As the lens begins to lift off the eye, push the lower lid margin up and expel the lens from the eye. Note: It is important to have the fingers positioned properly on the lid margins.

RGP lenses can also be removed using a lens removal device. Gently apply the lens remover to the lower portion of the lens while looking straight ahead, or it may be applied to the upper portion of the lens while looking down. The lens is then gently lifted off the eye. **(Do not place the lens remover directly on the centre of the lens).** When using a lens remover make certain that it is placed directly on the lens and not on the surface of the eye. Accidental application to the surface of the eye will be uncomfortable and could cause injury.

It is important that lenses are cleaned immediately after removal from the eye. See Lens Care instructions.

If you have any difficulty with these placement or removal techniques, your practitioner may recommend alternative procedures. Always follow your practitioner's recommendations.

Lens Care

Your RGP lenses must be cleaned daily to remove surface deposits and prevent the formation of hard-to-remove residues.

Thoroughly clean the lens immediately after removal from the eye by applying several drops of cleaning solution to both lens surfaces, rubbing the lens between the fingers and palm with gentle pressure.

Rinse the lens thoroughly with multi-purpose solutions, place it in the storage case, and cover it completely with multi-purpose solution. Close the lens storage case securely to prevent leakage. Repeat the procedure for the opposite lens.

Re-Centring a Displaced Lens

If your lens becomes displaced onto the white of your eye, either during wear or during insertion or removal, you must locate the lens by pulling the lids apart as widely as possible while looking into a mirror.

Once the lens is located, place the index finger of one hand at the upper eyelid margin and the middle finger of the other hand at the margin of the lower lid. Look in the opposite direction of where the lens is located, and pull the lid margins up or down to get them beyond the lens edge. Gently place a lens removal device against the lens and lift it off the eye and re-insert the lens. **Under no circumstances should fingernails be used to pry the lens loose or move it back in place.**

Alternative methods for re-centring may be suggested by your practitioner.

Precautions

If your lenses become less comfortable than when they were first applied, remove them and clean them thoroughly with the recommended cleaning solution, rinse with multi-purpose solution, and re-insert. If discomfort persists, remove the lenses and consult your practitioner. Should redness of the eyes, excessive tears, unusual eye secretions, or irritation be experienced, remove the lenses immediately and consult your practitioner.

A lens that has been dropped on the floor or any other surface should be picked up by moistening a finger with cleaning or multi-purpose solution, and touching it to the lens. The lens must again be cleansed with the recommended cleaning solution and rinsed with multi-purpose solution prior to placing it on the eye again.

General

The lenses are supplied for single patient use and intended for daily wear only.

Details on the container label are explained as follows:

BOZR	=	curvature of back surface
DIA/DIAM	=	lens diameter
PWR/POWER	=	lens optical power in dioptres
LENS EXPIRY ATTENTION	=	date giving year and month = Refer to Instructions
LOT number	=	Manufacturer's code number to aid traceability

The CE mark and number, , confirms that the product meets the standards laid down in the European Medical Devices Directive.

Wearing Schedule

Please adhere to the wearing schedule given to you by your practitioner, as your eyes require time in order to adapt to the lens comfortably and safely.

Day 1: Wearing Time _____ Hours

Day 2: Wearing Time _____ Hours

Day 3: Wearing Time _____ Hours

Day 4: Wearing Time _____ Hours

Day 5: Wearing Time _____ Hours

Day 6: Wearing Time _____ Hours

Day 7: Wearing Time _____ Hours

Follow-Up Schedule

Your contact lenses need to be monitored by your practitioner on a regular basis. Please adhere to the follow-up schedule outlined by your practitioner.

Your next visit is scheduled for:

Prepared by:

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