

**OPTOMETRISTS  
CONTACT LENS PRACTITIONERS  
BEHAVIOURAL OPTOMETRY  
CHILDREN'S VISION**



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## INSERTING YOUR RGP CONTACT LENSES

### **Preparation:**

1. Wash and rinse hands thoroughly.
2. Dry hands with a lint-free towel.
3. Sit at a table or bench surface with a lint-free towel laid out over the bench surface. A mirror is optional.

### **Insertion:**

1. To avoid the possibility of a lens mix-up, always start with the same lens.
2. Remove the lens from its storage compartment
3. Rinse the lens with fresh conditioning solution (do **not** rinse with tap water prior to inserting).
4. Place the lens on top of the index finger of your dominant hand. Place the middle finger of the same hand close to the lower lashes and hold down the lower lid.
5. Use a finger on your other hand to lift the upper lid and then gently place the lens directly on the eye. It is not necessary to press the lens against the eye.
6. Gently release the lids and blink. The lens will center automatically. Always verify its proper position by checking your distance vision immediately after insertion.
7. Use the same technique when inserting the other lens, or use the other hand if this seems more comfortable.

IF YOU DROP THE LENS DURING INSERTION make sure you rinse it thoroughly before retrying.

*Note: If, after placement of the lens, your vision is blurred, check for the following:*

- The lens is not centered on the eye.
- If the lens is centered, remove the lens and check for the following -
  - a) Cosmetics or oils on the lens. Clean, rinse, disinfect and place on the eye again.
  - b) The lens is on the wrong eye.

If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult your Optometrist.

### **Centering Your RGP Lens:**

On occasion, a lens may become displaced onto the white part of the eye. This is most likely to occur during lens insertion or removal if techniques are not performed correctly. But it may also occur during normal lens wear. To center a lens, first locate where it is, then follow one of the procedures below:

- Close your eyelids and gently massage the lens into place through the closed lids, **OR**
- Gently manipulate the lens onto the cornea while the eye is open using finger pressure on the upper or lower lid next to the edge of the lens.

## REMOVING YOUR RGP CONTACT LENSES

### **Preparation:**

1. Wash and rinse hands thoroughly.
2. Dry hands with a lint-free towel. Again, a mirror is optional.
3. Check that the lens is centred on the cornea before attempting to remove the lens. Check your vision by covering the other eye. If vision is blurry, the lens may be off-centre. Re-centre the lens before attempting to remove it.

### **Removal:**

There are two suggested methods of lens removal. Experiment and see which suits you best. Either way, to avoid the possibility of a lens mix-up, always begin with the same eye.

#### **I. Blink Method**

1. Seat yourself at a table covered with a clean towel and lean over until you are looking down at the towel surface.
2. Place your index finger at the outer junction of your upper and lower lids.
3. Stretch the skin outward and slightly upward while keeping your eye open wide (do **not** allow your lid to slide over the lens or your eyelids to close).
4. Blink briskly. The lens will be pinched by the pressure of your eyelids and the lens will pop out onto the clean surface of the towel, or into the palm of your hand.

#### **II. Two-Finger Method**

1. Seat yourself at a table and place a towel under your eye to catch the lens.
2. 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.
3. Press the lid margins inward and then together. The lens should be wedged out of your eye onto your hand or towel.
4. The lens may move over onto the white part of your eye. If this occurs, re-centre the lens onto your cornea before repeating the removal procedure.

After removal clean each lens with your daily cleaner or multipurpose solution by applying a few drops on top of the lens and rub firmly but gently in the palm of your hand or between your thumb and first or second finger. Rinse well with saline or multipurpose solution and place in the lens storage case filled with fresh disinfecting storage solution.

Remove the other lens by following the same procedure, whichever method is easier for you.

### **Important:**

- Avoid touching your lenses (and your eyes!) with your finger nails. You will need to keep at least one index finger nail quite short.
- Be patient! Allow plenty of time when first handling your contact lenses. With practise, it will become easy!

*Our website has a video you might like to view via the Contact Lenses page [www.strachaneyecare.com.au](http://www.strachaneyecare.com.au)*