



# RGP LENSES

## PATIENT HANDLING GUIDE

**It is important to read this leaflet before inserting your RGP contact lens. The information summarises the important points about the contact lens. If you have any further questions, please talk to your Eyecare Professional.**

### **Product Description**

Rigid Gas Permeable (RGP) Contact Lenses are supplied as a non-sterile medical device that are dispensed in a blister pack that contains a sterile soaking solution. It is recommended to clean and re-soak the lenses in a RGP contact lens cleaning solution before initial insertion.

### **Indications and Wearing Instructions**

RGP lenses are indicated for daily wear and should not be worn for longer than 12 hours in a 24 hour period. Once the lens is inserted into the eye and you feel a little bit of discomfort, lubricate the eye with an eye drop that is suitable for contact lens wearers.

### **Contraindications**

**Do not use the contact lenses in any of the following conditions. If you have any questions related to the points below please talk to your Eyecare Professional.**

- Acute and sub-acute inflammation (redness), or any discomfort or pain of the eye
- Any disease, injury or abnormality that affects the cornea, the conjunctiva, or eyelids that is not indicated for an RGP lens
- Corneal hypoesthesia (reduced corneal sensitivity with medication or steroid use)
- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses
- Any active corneal infection (bacterial, fungal, or viral).
- If eyes become red or irritated
- Use of any medication that is contraindicated or interferes with contact lens wear, including ocular medications
- Incomplete corneal healing following eye surgery

## **Warnings**

### **You should be advised of the following warnings relating to contact lens wear:**

- Do not ingest the contact lens or solution the contact lenses are soaking in.
- If the blister pack is damaged, opened or the parameters cannot be read, do not wear the contact lenses. Contact your Eye Care Professional immediately.
- Open the vial carefully as the edges can be sharp.
- Parameters of your contact lens should not be changed unless you have consulted with your Eye Care Professional.
- If the contact lens is chipped or broken, do not insert the contact lens. Contact your Eye Care Professional
- Tap water, distilled water, homemade saline solutions, or saliva should NOT be used at any time with contact lenses. The use of tap and distilled water has been associated with Acanthamoeba keratitis, a corneal infection that is resistant to treatment and cure.
- Problems relating to contact lens wear can result in serious injury to the eye. It is imperative that you listen to your Eye Care Professional's recommendations, and read the labelling instructions for appropriate use of the contact lens(es).
- Eye problems, including corneal ulcers can develop rapidly and lead to loss of vision.
- If eye discomfort, excessive tearing, vision changes or redness of the eye is experienced, remove the lenses immediately and call your Eye Care Professional promptly.
- Contact lenses are not to be stored in the lens case with water or any non sterile solution. Only use RGP (rigid gas permeable) lens solution so it does not contaminate the lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.
- If there is a mix up with another of your contact lens, contact your Eye Care Professional immediately.

## **Precautions**

- Do not use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- Only use solutions recommended for RGP contact lenses.
- Contact lenses should never be shared between users.
- Always wash your hands thoroughly and rinse well, before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, aerosol products or hair sprays in the eyes or on the lenses. It is best to insert lenses before applying make-up. Water-based cosmetics are less likely to damage lenses than oil-based products.
- Seek advice from your Eye Care Professional if your lens(es) needs to be stored for extended periods.
- Avoid all harmful or irritating vapours and fumes while wearing contact lenses.

## **Adverse Reactions**

### **If any of the following problems occur:**

- Eye stinging, burning, itching or any other eye discomfort or pain.
- Continuous foreign body or scratching sensation
- Excessive tearing, unusual eye secretions, redness, reduced visual acuity, blurred vision, halos, photophobia, or dry eyes

Immediately remove your contact lens(es) and inspect it carefully. If the lens is damaged, place the lens in your contact lens case and call your Eye Care Professional. Do not re-insert the lens.

If the lens appears undamaged, but looks dirty, has an eyelash or other foreign body on it, thoroughly clean the lens with a daily cleaner, rinse with saline before reinserting it. If the problem persists, remove the contact lens, and consult your Eyecare Professional. A serious condition such as infection, corneal ulcer, corneal neovascularization, or iritis may be present, and may progress rapidly. Less serious reactions such as abrasions, epithelial staining or bacterial conjunctivitis must be managed and treated carefully to avoid more serious eye damage.

# **Caring For Your Lens**

## **Personal cleanliness for lens handling**

Always wash, rinse and dry your hands thoroughly before handling your lens(es)

### **Opening the box and lens container**

Do not use the lens if the blister pack is damaged or the parameters on the label cannot be read.

To open an individual blister pack:

- Peel back the foil on the blister pack which will contain one RGP contact lens.
- Remove the contact lens carefully and look at the lens following the handling instructions.

## **Handling the lens**

It is recommended to always work with the same lens first to avoid any insertion errors. Remove the lens from the case and examine to make sure the lens is not chipped or any foreign bodies are present.

## **Placing the lens on the eye**

Your Eye Care Professional will discuss and provide you with a detailed process for lens insertion, but a suggested procedure is as follows:

- Place the lens either on the tip of your forefinger of your dominant hand or on a DMV sucker supplied by your Eye Care Professional, concave side up.

- With your non-dominant hand, hold your top eyelid open with your forefinger and with your dominant hand use your middle finger pull down your lower eyelid
- Look straight into the mirror and in a fluid motion bring the lens to the surface of the eye. Gently place the lens on the cornea, while maintaining the downward looking position. Do not press the lens against your eye too firmly.
- Release the eyelids and gently blink as you withdraw fingers or the DMV sucker.
- Repeat this procedure with the other lens.

**Note: If your vision is blurred after lens insertions, check the following**

- Look into a mirror and observe if any air bubbles are present. If so, remove the RGP lens and repeat the insertion process.
- The lens surface is not dirty
- Ensure the correct lens is in the correct eye
- If any of the above occurs, clean the lens and rinse with saline before reinserting it into the eye. If your vision is still blurred, remove the lens, and contact your Eye Care Professional.

**Removing the lens**

- Look straight ahead.
- Using your middle finger, firmly pull the skin on the outer corner of your eyelids.
- Blink hard until your lens pops out.
- Your lens will fall under onto your cheek or a flat surface so be ready to catch it with your other hand or a clean towel.
- If preferred, you can remove your lens with a DMV sucker, supplied by your Eyecare Professional

**Caring for your lens**

It is important to follow the lens care regime recommended by your Eye Care Professional. You will be provided with a recommended cleaning and disinfecting regime. Heat disinfection is not recommended.

- Never use eyecare products that are not recommended by your Eyecare Professional
- Do not use tap water for cleaning and the maintenance of your contact lenses and contact lens case.
- Do not use saliva or any products for cleaning, disinfecting, and rinsing other than those recommended by your Eyecare Professional
- Always store your contact lenses completely immersed in contact lens solution when the lens(es) is not being used
- The contact lens case should be emptied, cleaned, and rinsed with eyecare products recommended by your Eye Care Professional and air dried between use.
- Change the contact lens case each time you start a new box of solution.

# Cleaning Your Lens

## **Peroxide/ Iodine Solutions**

Place the RGP Lens into the case provided and fill the case with either the Peroxide or Iodine-based solution. Add the neutralising tablet, and then tighten the lid. A peroxide solution needs the lens(es) to be soaking in the solution for a period of 6 hours, while iodine solution requires 4 hours. If using iodine-based solutions, it is imperative that the lenses are rinsed with Saline prior to insertion.

## **Daily Lens Cleaner**

Some patients will be required to use a daily cleaner on their RGP lens, as well as the soaking solution. The lens needs to be placed in the palm of your hand, with a drop of the daily lens cleaner being instilled into the bowl of the lens. Rub the lens gently until the liquid foams. Rinse off with Saline (pH 7) and then place the lens into the soaking solution overnight.

## **Menicon Progent Intensive Cleaner**

To maintain the wettability, clean your lens(es) with Menicon Progent intensive cleaner. Put the lenses into the contact lens case and then open vial A and vial B by twisting the cap. Put the contents into the contact lens case and then screw the lids onto the case. Leave the lenses in the case for 30 minutes, then remove and rinse with saline (pH 7). Menicon Progent can be used weekly or monthly depending on protein build up.

# Handy Tips

- Every time you start a new lens solution, replace the lens case.
- Avoid touching the tip of the lens solution as this can cause contamination
- Contact your Eyecare Professional if the lens breaks, chips or there is any damage to the lens surface.
- If the lens lands on a flat surface, carefully slide it off to the edge of the surface or use a DMV sucker to remove it from the surface.
- When cleaning the lens, little force is required to clean the RGP lens. Using excessive force can cause the lens to break.

If you have any queries or concerns regarding your RGP Lens please contact your Eyecare Professional.

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