

- Do.** Wash your hands before inserting your lenses. To avoid tiny fibres (lint) getting onto the lens surface, shake your hands and dry with a lint free towel before handling your lenses.
- Do.** Keep your lens case clean and replace it frequently.
- Do Not.** Ever use household products including tap water to disinfect or clean your lenses (they can seriously damage your eyes).
- Do Not.** Use saliva to wet your lenses, it is not true that your own bacteria are safe.
- Do Not.** Wear eyeliner on the inside of your eyelids, or apply any kind of eye drops or other eye medication without first consulting your optician.
- Do Not.** Allow any hairspray or other cosmetic aerosols to come into contact with your lenses.
- Do Not.** Wear your lenses for longer periods than advised and always remove your lenses before going to sleep.
- Do Not.** Wear your lenses in the presence of noxious or irritating fumes.

REMINDER

It is essential to have your eyes examined regularly. If dust or debris becomes trapped under the lens, resulting in excessive tear production and irritation remove the lens immediately. Clean with appropriate solution and replace the lens onto the eye. If any unusual symptoms persist remove lenses and consult your optician.

REMEMBER: IF IN DOUBT, REMOVE YOUR CONTACT LENSES AND CONSULT YOUR OPTICIAN

NOR↑HERN
LENSES

Tameside Business Park
Windmill Lane
Denton, Manchester
M16 9QS
UK

Tel: (+44) 0161 336 9000
E-Mail: contact@northern-lenses.co.uk

Issue 5 December 2017
Orig issue 1995

NOR↑HERN
LENSES

RIGID CONTACT LENSES

Instructions for use. Do's and Don'ts

A guide to trouble free rigid contact lenses wear

Congratulations on receiving your new lenses. These lenses have been manufactured on high-precision equipment to give you excellent visual correction and comfortable wear. This guide allows you to obtain maximum benefit from your lenses and help you to keep them in good condition.

The enclosed contact lens(es) have been supplied to you clean and immersed in RGP wetting solution. Please retain them in their sealed mailer until they are required for fitting. If the lens(es) have not been fitted within 28 days, remove them from their packaging, clean and rinse the lens(es) and container and replenish with wetting solution. This procedure should not be repeated, dependent upon the life of the solution used.

INSTRUCTIONS FOR USE.

Your hands must be carefully washed thoroughly with either lanolin free soap or suitable cleansing agent. Rinse thoroughly to remove any traces of hand cream, dust, dirt or fluff on the fingers, as these could end up under the lens and cause discomfort. Try to work over a flat surface covered, as there less likelihood of the lens being lost should it drop off your fingers.

If you insert your lenses over a bathroom sink, always make sure that the plug-in is in place. Develop a simple routine.

Always insert and remove the same lens first, so that you do not confuse right and left lenses.

LENS INSERTION

Remove the lens from its container storage. Place on the tip of the first finger of your dominant hand, concave side up. Add two drops of the Wetting and Soaking or Conditioning solution or another solution your optician recommended on the lens.

- Place the second finger, of your dominant hand, on the centre of your bottom lid (Fig 1).
- The first two fingers of the other hand take a firm hold on the upper lashes and lid.
- Keep looking at the lens and bring slowly to the eye, gently placing in the centre of the eye.
- Look down, and then carefully release the bottom, and then the upper lid. Keep looking down for a couple of seconds to enable the lens to settle.



LENS CENTERING

- The lens can easily be centred if it is on the white of the eye. Locate the lens. Close the eye and gently massage the lens on the cornea through the eyelid.

LENS REMOVAL

- Look straight ahead or straight down, according to your optician's instructions.
- Open the eyes of as wide as possible; ensuring the upper lid is above the lens.
- Place your finger horizontally at the outer corner of the eyelid and pull gently but firmly (Fig. 2).
- Blink. The lens should fall out easily onto the work surface covered with a towel or into hand.



WEARING YOUR LENSES

Your lenses should be worn every day in order to build up your wearing time. Ensure you attend all aftercare appointments. Never wear your lenses for a period longer than recommended by your optician. Although the lenses may "feel" comfortable, the effects of over wear may become apparent later.

If you do not wear your lenses for an extended period, it will be necessary to build up your wearing time again.

GETTING USED TO YOUR LENSES

During the period of adaptation, there are certain symptoms that you may experience

1. Sensitivity to light
2. Excessive tears
3. Excessive blinking
4. Discomfort when reading or in dry atmosphere.

These symptoms should decrease as you adapt to contact lenses wear.

LENS CARE

During the day, protein and debris from your tear film form deposits on your contact lenses which you need to remove, your optician will advise a suitable cleaner to use.

When not in use the lens should always be stored in their case in a suitable storage solution recommended by your optician. This solution disinfects your lenses and protects them from microbial contamination, reducing the risk of infection.

The soaking solution also has a wetting and conditioning effect which coats each lens with film of moisture, providing a cushion between the lens and cornea and the lens and the eyelid. This ensures greater comfort an insertion and throughout the day, while helping to reduce the build up of surface deposits.

Rigid contact lenses rely on being maintained in a permanently wet state for maximum comfort. Should your lenses be inadvertently allowed to dry out, clean with cleaning solution and immerse in Wetting and Soaking Solution.

Please read and follow the instructions issued with your solutions.

Always use fresh supplies of solutions. Do not dilute these solutions as this reduces their effectiveness.

Always follow the regime recommended by your optician who will suggest the best solution for your type of lenses.

DO'S AND DONT'S

- Do.** Always insert and remove your lenses gently.
- Do.** Keep your lenses out of reach of children.
- Do.** Replace your lenses if they become damaged or scratched.
- Do.** Follow carefully the instructions and advice of your optician concerning cleaning, handling and storage of your lenses.
- Do.** Make sure you attend all the aftercare appointments that your optician recommends.
- Do.** Remove your lenses if you experience any adverse reaction and consult your optician if the reaction persists.