

contact<sup>+</sup>  
est. 1978  
*Bennett & Batty*



A Guide To Using RGP Contact Lenses

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Thank you for purchasing your contact lenses from Bennett & Batty Opticians.

At Bennett and Batty Opticians we are dedicated to caring for you and your eyes.

This booklet has been designed to help you enjoy your contact lenses by refreshing you on anything 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 this booklet not answer your question, please do not hesitate to contact a member of our team.

It is important to follow the advice given to you by your contact lens practitioner regarding you personalized wearing schedule and cleaning routine\* for your contact lenses. It is also important that you attend all your eye examinations and contact lens aftercare appointments, even if you are having no problems. Failure to do so could result in a delay to the continual supply of your lenses.

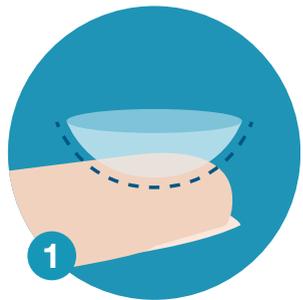


# Application And Removal

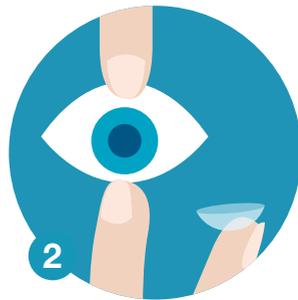
Here are a few things to remember that will soon become second nature to you... trust us! It's mostly a matter of routine and a bit of hand-eye coordination.

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

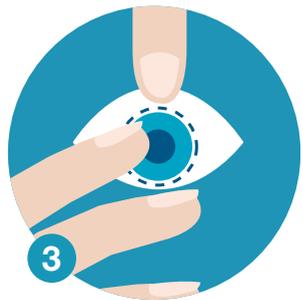
## Applying your lenses



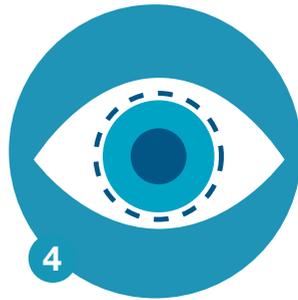
Wash your hands. Place the lens on the index finger of your dominant hand. Check for damage to the lens.



Balance 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.

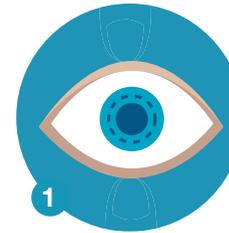


Place the lens directly onto the centre of the eye, whilst maintaining control of your lids.

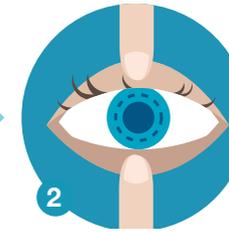


Slowly release the lids and blink gently.

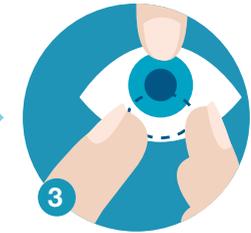
## Removing your lenses - Option 1



Wash and dry your hands thoroughly. With the same 'face-down' posture, place your middle fingers in the 12 and 6 o'clock positions as close to the lid margins as possible.



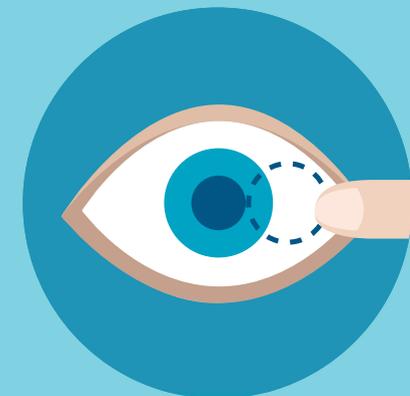
Whilst looking straight ahead at yourself in the mirror, push the lids in towards the globe, then together. The lid margins should touch the lens at the same 12 and 6 o'clock position.



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

- 1 Wash and dry your hands thoroughly.
- 2 With head-down posture, look directly at yourself in a mirror on the tabletop.
- 3 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.



## Caring For Your Lenses: Multipurpose Solution

### Method

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Fill your 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 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 six days you need to repeat the disinfection process before use.

### Next Day

- + 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.
- + Wipe the case with a clean tissue then place the case and its lids upside down on a clean tissue and allow them to dry.
- + Discard any remaining solution from an open bottle after three months.
- + Change your contact lens case every 4-6 weeks or as instructed to do so by your contact lens practitioner.

## 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 overnight, or as per the manufacturer's guidelines, ensuring the case is kept upright.

### Next Day

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 to water).

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.

## Do's And Don'ts

### Do

- ✓ Follow the recommended cleaning and disinfecting procedure for your lenses
- ✓ Wash and dry your hands thoroughly before inserting, removing and handling your lenses
- ✓ Cease contact lens wear immediately and return to see your eye care practitioner in cases of persistent irritation, infection or visual problems
- ✓ Check the lens for damage before insertion
- ✓ Replace your storage case every 4-6 weeks or as instructed to do so by your eye care practitioner
- ✓ Renew contact lens solution regularly even during periods when the lenses are not being worn every day
- ✓ Attend all your scheduled eye examinations and contact lens check ups
- ✓ Always follow instructions given to you by your contact lens practitioner/optometrist
- ✓ Keep contact lenses and contact lens solutions out of the reach of children
- ✓ Check with your contact lens practitioner if ever in doubt



### Don't

- ✗ Drive or operate heavy machinery if you are not completely happy with your vision
- ✗ Lick or put lenses in your mouth
- ✗ Wear your lenses if you think you may have an eye infection/injury/damaged lens
- ✗ Use tap water or any other form of non-sterile water on your lenses or lens case
- ✗ Use any household products or disinfectants on your contact lenses or contact 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
- ✗ Change any of the lens parameters without first consulting your contact lens practitioner
- ✗ Change to a different type of contact lens solution without first consulting your contact lens practitioner
- ✗ Touch the tip of the contact lens solution bottle against any surface of the eye which may cause contamination to the eye or solution
- ✗ Share your lenses with anyone else
- ✗ Top-up yesterday's solution
- ✗ Wear eye make-up on the inner edge of your eyelids



## General Advice

### Infection

- + Should you ever suspect you have an eye infection:
  - Cease contact lens wear immediately
  - Contact your contact lens practitioner immediately for further advice
  - Discard any current contact lens case
  
- + Should you ever have a painful red eye with aversion to bright lights and a reduction in vision, cease contact lens wear immediately and go straight to your local eye hospital or A&E department.

### Ask yourself these 3 questions, each time you wear your contact lenses:

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

If the answer to any of these three questions is NO, cease contact lens wear immediately and consult your contact lens practitioner, who will advise you what your next steps should be.



## 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 lens treatment.

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

Tap water carries micro-organisms that can cause serious, sight-threatening eye infections. So keep it away from your contact lenses and lens case! Ensure your contact lenses and lens cases 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. 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.

- 1 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.
- 2 I have been informed of my RGP lenses suitability score and understand how this may impact on my visual outcome.
- 3 I have read and understood the RGP lenses disclaimer included in this booklet.
- 4 I am aware that wearing contact lenses could possibly put me at risk of eye infections and associated complicated infections.
- 5 I have received full instructions (demonstrative, verbal and written) on how to insert, remove and care for my contact lenses.
- 6 I am aware and understand the instructions for cleaning and caring for my contact lenses, which have been demonstrated to me and acknowledge that adherence to these instructions, will reduce the risk of possible infections and associated complications.
- 7 I am able to recognize the correct solution prescribed by the lid colour, name and general bottle appearance.
- 8 I have received and understand the wearing schedule for my contact lenses.
- 9 I am aware of what I should do in the event I have any problems with my contact lenses both during and outside of normal working hours.
- 10 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.
- 11 I understand the importance and benefit of attending regular eye examinations. Should I not attend these appointments I am aware that my new contact lenses cannot be supplied until I have had an eye examination.
- 12 If my contact lenses are uncomfortable for any reason, I should cease wear immediately and return to see my contact lens practitioner.
- 13 I am aware that it is possible for contact lenses to break or become damaged through wear and care.
- 14 I am aware that my lenses must be disposed of as recommended by the manufacturer and my contact lens practitioner.
- 15 I am aware of the risks associated with water coming into contact with my contact lenses and/or contact lens case.

Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

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Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_



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