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## Before We Begin...

*Wash your hands thoroughly!*

*Washing your hands will help ensure that your lenses are clean and free of germs when you place them in your eyes. Use soap and hot water, and dry your hands with a lint-free towel. Fingernails should be short, smooth, and clean to avoid scratching your eye and contaminating the lens or your eye with dirt.*

*Eye infections are no fun, and you cannot wear contacts while your eyes are infected. Always wash your hands to help reduce the risk of infection.*



Ortho-K lenses have special care instructions. If you are in a night wear Ortho-K program, you will receive a sheet with more detailed instructions for those special lenses.

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## Wearing and Caring for Ortho-K and RGP Lenses

How to clean, insert, re-center, remove, and store your Rigid Gas Permeable and Ortho-K contact lenses.



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## Cleaning Your Lenses

If your lenses are brand-new, you will need to clean them very thoroughly the first time, as they are covered in a waxy coating to protect them during shipping.

After washing your hands, follow these easy steps to clean your lenses:

1. Coat both sides of the lens with the cleaning solution.
2. *Gently* rub the lens in between your thumb, index, and middle fingers for about 30 seconds to remove any protein buildup (many solutions say 'no-rub,' but go ahead and rub anyway, you'll get the lens that much cleaner).

Many solutions are different! *Be sure to read and follow the instructions for the solution you use.*

3. Rinse the lens with water or saline solution. **Boston Simplus users: Do not use tap water.**

## Soaking Your Lenses

Whenever you're not wearing your lenses, they should be soaking in their case. **Always** use fresh solution when you soak your lenses. *Never* use the same solution twice. When you take your lenses out of their case to wear them, dump out the used solution and rinse your case with warm tap water, then leave it to air dry with the lids off face-down on a paper towel or tissue.

When your case starts to look dirty (dirt around the lids, crusty stuff around the chambers, etc), it's time to throw it away and get a new one. We'll be happy to give you one.

## Inserting Your Lenses

There are a variety of techniques for inserting your lenses. This is usually the easiest method, though you may find another technique that works better for you, but don't change the way you clean your lenses.

1. *Wash your hands.*
2. Remove one lens from the case (always start with the same lens so you don't get them mixed-up).  
**If you are using Boston Simplus**, clean the lens and rinse it with saline solution. *Do not* use tap water.
3. Coat both sides of the lens with the rewetting drops and place a drop of it into your eye.



4. Place the lens on the tip of your index finger and put a drop in the lens.

5. With your left hand, reach over the top of your head and gently pull your upper eyelid up, holding it firmly.

6. Hold your bottom eyelid down with your right middle finger and, *watching in the mirror with both eyes*, touch the lens to the colored part of your eye.

7. Slowly pull your finger away and gently release your eye-lids.

8. Repeat steps 2-7 for your other eye. You can switch hands if that makes it easier for you.

9. Dump the old solution out of your case, rinse it and the lids, then leave it to air dry with the lids off, face down.

## Removing Your Lenses

There are a variety of techniques for removing your lenses.

The easiest is to use a plunger, but if you don't have one (or if you don't like it), try this method:



1. *Wash your hands.*

2. Place a stream of saline solution (such as Unisol 4) in each eye to moisten the lens and help it come loose.

3. Place your right index at the outside corner of your right eye and open your eyes wide so your eyelids aren't covering any part of the lens.

4. Cup your left hand in front of your eye to catch the lens, then gently pull the corner of your eye toward your ear with your finger and blink your eyes. If the lens doesn't pop out, repeat all these steps again. Sometimes it takes a few tries.

5. Clean the lens, place it in your case with soaking solution, then repeat these steps for your other eye.

## If the Lens Moves Off of Your Cornea

Don't panic. While this may be quite uncomfortable, your eyes usually won't be hurt by this. Just stay calm and follow these steps to get the lens back where it belongs:

1. *Wash your hands.*

2. Using a mirror, locate your lens. You may need to open your eyes wide or look to the sides to find it.

3. Place some rewetting drops into your eye to help the lens move more easily.

4. If the lens is up under your upper lid, close your eye and use your index finger to gently move the lens to the outside corner of your eye. *Never touch the lens directly.*

5. If the lens is down along the bottom rim of your eye, gently work the lens through the bottom lid to the outer corner of your eye. *Never touch the lens directly.*

6. If the lens is in the inside corner of your eye, look up and away from your nose and gently work the lens down to the bottom, then follow the directions in step 5. *Never touch the lens directly.*

7. Once the lens is at the outside corner of your eye, hold the lens in place with your index finger and thumb through your eyelids in a V. Hold this position while looking away from the lens. Gently push the lens through the lids toward the center of your eye. Hold this position and move your gaze to the center, and the lens should go back where it belongs. *Never touch the lens directly.*

If this doesn't work, don't worry, just try again. It may take several tries to get the lens back where it belongs. If this happens very frequently, please call our office and let your doctor know.

## When to Contact Us:

Your eyes are delicate, and it is very important for you to contact your doctor as soon as possible if you experience any of the following:

- If you suspect your lenses might be damaged (stop wearing the lens).
- Sudden changes in vision.
- If you are unable to remove the lens after several tries.
- The lens frequently moves off of your cornea.

In addition, *stop wearing the lenses* and call our office immediately if you experience any of the following:

- Red, itchy, or irritated eyes.
- Pain or discomfort when wearing your lenses.
- An eye injury of any kind.

**Of course, *always* feel free to contact us if you have any questions or concerns. We're here for you.**