



Ortho-K Night Wear Instructions

The doctor would like you to wear the lenses at night while you sleep. Special instructions apply for wearing your lenses at night, and it is important to follow these directions to avoid problems or discomfort.

Putting the lens in at night:

1. *Wash your hands* and dry them with a lint-free towel.

2. Remove one lens from the case.

Simplus users ONLY: Clean the lens thoroughly with the solution, rubbing for about 20 seconds, then rinse with Simplus or saline (such as Unisol 4). *Do not use tap water!*

3. Coat both sides of the lens with the rewetting drops.

4. Place the lens on the tip of your finger and place one more drop in the lens.

5. Insert the lens into your eye, then place another drop of the rewetting drops in your eye.

6. Repeat steps 2 - 5 for the other lens.

7. *Dump the old solution out of your case*, rinse it with warm tap water (rinse the lids, too), then leave the lids off so the case can dry overnight. Leave it face-down on a paper towel or tissue.

8. Sleep well. ☺

Solution

- ☐ Boston Simplus
- ☐ Boston Advance
- ☐ Unique pH
- ☐ Other: _____

Do not use Boston Original for night wear! It will *damage* your lenses!

Taking the lenses out in the morning:

1. Make sure the lenses are still on the cornea and not on the white area of your eye.

2. *Wash your hands.*

3. Use the rewetting drops or saline solution to wet the lens and soak your eyes so it will move more easily.

4. Close your eyes and gently massage the lens through the upper lid of your eyes with your fingertips. This gets the lenses unstuck from your eyes.

5. Do your normal morning routine. Eat breakfast, brush your teeth, and so on. This will give the lens time to get unstuck from your eye.

6. *Wash your hands again.*

7. Place another rewetting drop in your eye and blink a few times. Look in the mirror and make sure you can see the lens and that it's moving around slightly on the surface of your eye.

8. Using your plunger, carefully remove the lens.

9. Clean and store the lens.

Simplus users ONLY: Put the lens in your case with some fresh Simplus (not saline or Unisol 4), and store it in a safe place.

All other solutions: Clean the lens thoroughly with the cleaning solution, rubbing for about 20 seconds, then rinse with tap water or saline solution (such as Unisol 4), then put the lens in your case with some fresh soaking and store it in a safe place.