

Information for Patients

Rigid Gas Permeable (RGP) Contact Lens Wearers

Helpful guidance and tips for patients

It is essential to follow these written instructions as well as advice from your eye specialist. All contact lenses carry a small increased risk of eye infections; good hygiene and regular check-ups will reduce this risk.

What are rigid gas permeable contact lenses?

Rigid gas permeable (RGP) lenses are made from firm breathable material that allows oxygen through to your eye. RGP lenses come in a variety of sizes and are used to correct high prescriptions and irregular corneas. A RGP is a specialist lens.

Hygiene

Thoroughly wash your hands with soap then dry them before handling the lenses. This reduces the risk of eye infections caused by tap water and dirt.

Keep your nails short and clean to reduce risk of damaging and contaminating the lenses.

Lens care

Recommended Solutions _____

- Clean and disinfect your lenses daily and anytime you take them out. Follow the instructions enclosed in the pack of contact lens solution, taking

care not to miss any steps.

- Rub and rinse each lens, then place in the correct side of the case and cover completely with fresh storage solution.
- Ensure that the case lid is closed when storing lenses.
- The next time you use the lenses empty out the storage solution and leave the case to air dry on clean tissue.
- Follow the instructions on re-cleaning if not wearing lenses for several days.
- Do not re-use solution that has been stagnant in the lens case (called topping up).
- Never use tap water to clean lenses.
- Clean the lens case weekly with contact lens solution.
- Replace the lens case when you open a new bottle of solution (at least every three months).
- Do not change or add any solutions without consulting the Contact Lens department.

Inserting lenses

Check that the lens has no damage. Do not insert the lens if it is chipped or cracked.

Wet the lens on both sides with wetting solution and place on the finger that you have practised with.

Hold the upper eyelid near the lashes with the finger on one hand and the lower eyelid with the thumb on the same hand.

Gently place the lens on the centre of your eye with your finger.

Occasionally an RGP lens may move off to the white part of your eye.

Use the eyelid to remove the lens or gently manipulate it back to the centre of your eye.

Removing RGP lenses

Take lenses out over a flat clean surface where you will easily find the lens.

Avoid using an open sink – you may lose the lens down the plug hole.

Open your eyes wide and use one of the following methods:

- Place one finger at the corner of the eyelids then blink the lens out.
- Place a finger of one hand on the upper eyelid at the top of the lens and a finger of the other hand on the lower eyelid at the bottom of

the lens. Bringing the lids gently together will cause the lens to topple out.

An applicator should be used to remove the lens only if advised by your Optometrist.

If you wear make-up

- Apply non-greasy make-up and cream after inserting the lenses.
- Keep eyes closed if applying hair spray or make-up fixer.
- Remove the lenses before removing make-up.

Eye care

- Never swim, shower or use a hot tub or sauna whilst wearing your lenses.
- Never share or swap contact lenses with anyone else.
- Never sleep in your lenses.
- Make sure that your Optometrist is aware of any medication that you may be using, or that you have started using since your last appointment.

Daily check

- Can you see clearly?
- Are your eyes red?
- Are your lenses comfortable? If your eyes feel tired, remove the lenses early. Do not continue to wear contact lenses that are uncomfortable; please contact the Contact Lens Department for advice.
- Stop wearing your lenses immediately if you develop a red or painful eye.
- For emergencies telephone: **(0161) 276 5597** for the Emergency Eye Department (Monday-Sunday 8.00 am to 8.00 pm). Ward 55 on (0161) 276 5512, available 24 hours a day, if at any time you are unable to contact a member of staff in the Emergency Eye Department.

Initial wearing schedule

It is important to build up your wearing time gradually. The following schedule is recommended:

Start with _____ hours, increasing by _____ hour(s) to a maximum wearing time of _____ hours (this may be adjusted at your aftercare).

Contact details

- Please contact us if you are unsure about the comfort or vision in your lenses or if you lose or damage a lens and need a replacement.
- Voicemail **(0161) 276 5535** (leave a message including your name and number)
- E-mail contact.lenses@mft.nhs.uk.
- Our voicemail and email is checked every weekday.

Please call the appointments line on **(0161) 276 5533 Monday – Friday 9.00am – 4.00 pm** to book or rearrange an appointment. Attending aftercare appointments is essential for maintaining the health of your eyes. Your contact lenses cannot be replaced unless you have been seen in the last 12 months.