Insertion and Removal of Gas Permeable Contact Lenses

This material will help you understand how to put in and take out gas permeable (gp or hard) contact lenses.

How do I put in gas permeable contacts?

When putting in gp lenses, follow these steps:

1. Wash your hands with soap and water. Do **not** use soaps that contain lotion, cream, perfume, or artificial coloring.
2. Dry your hands with a clean, lint-free towel.
3. Remove a lens from its case. Try to get into the habit of always doing the same side first. This will help you avoid mixing up your lenses. When handling the lens, use your fingertips (like the image on the right). Avoid touching it with your nails.
4. Rinse the lens with fresh cleaning solution. Only use brands recommended by your doctor. Do **not** use tap water.
5. Check to make sure the lens is clean and wet.
6. Rub several drops of cleaning solution on the lens.
7. Place the lens on the fingertip of your dominant hand's index finger.
8. Use the middle finger of your dominant hand to hold down your lower eyelid. Use a finger on your other hand to hold up your upper eyelid.
9. Gently place the lens on the center of the colored part of your eye.
10. Release your eyelids and blink.
11. If you have blurry vision, check to make sure the lens is centered. If it is in the correct position, remove the lens and make sure it is clean. Clean and disinfect the lens again before reinserting it. If you are still

experiencing blurred vision, you may have placed the lens on the wrong eye.

12. Repeat the steps above for the other contact lens.

If you have trouble inserting your contacts using this method, talk to your eye doctor about other methods you can use.

How do I take out gas permeable contacts?

There are two common methods of removing gp lenses. Follow the steps below.
Blink method:

1. Wash your hands with soap and water. Do **not** use soaps that contain lotion, cream, perfume, or artificial coloring. Dry your hands with a clean, lint-free towel.
2. Place a finger (either middle or index) on the corner of your eyelid.
3. Look straight ahead and gently pull your finger back. The edge of your eyelid should be pulled tightly against your eye.
4. Blink your eye hard. Your lens will pop out. Catch the contact with your opposite hand or let it fall onto a clean towel.

Two-Finger Method:

1. Wash your hands with soap and water. Do **not** use soaps that contain lotion, cream, perfume, or artificial coloring. Dry your hands with a clean, lint-free towel.
2. Place a towel in front of use. This will be used to catch the contact lens.
3. Place the fingertip of one hand on your upper eyelid. Place a fingertip of your other hand on your lower eyelid.
4. Press your eyelids inwards toward your nose. Then, bring your eyelids together.
5. The lens should fall out onto the towel.

If you are having trouble taking out your contacts using these methods, ask your eye doctor for tips or alternative methods to try.

For more information, scan these codes with your smartphone or visit the websites listed.

http://artoptical.com/files/documents/resources/Boston_Patient_Care__Handling_Guide.pdf

http://www.contactlenses.org/downloads/gp-lenscare.pdf