

Gas Perm Lens Care Tips



From Swanson Eyecare, PC

Warning: Wearing contact lenses significantly increases your risk for serious eye infections, corneal abrasions, corneal scars, corneal ulcers, eyelid inflammatory diseases like GPC (giant papillary conjunctivitis), and abnormal blood vessel growth into the corneas from lack of oxygen. These conditions may lead to permanent damage to your eyes and vision, including partial loss of vision, complete loss of vision and blindness.

The following instructions are provided to help you maintain safe and healthy contact lens wear:

1. Wash your hands thoroughly before handling your lenses. Do not use soaps containing lotions or deodorants as these may damage your lenses.
2. Before inserting your lenses, always inspect them to be sure they are clean and free of defects. Do not wear any lens that appears damaged. Rinse your lenses with fresh conditioning solution before inserting them. Once you have inserted your lenses, always be sure that you can see well and that the lenses are comfortable. If you notice a change in your vision, redness, pain, or discharge from your eyes, REMOVE YOUR LENSES IMMEDIATELY AND CONTACT OUR OFFICE!
3. If your eyes feel dry during the day, you may need to periodically use rewetting or lubricating drops. Use drops that are approved for rigid gas permeable contacts. Do not place lenses in your mouth to rewet them.
4. If your lens becomes displaced onto the white part of your eye, close your eyelids and gently massage the lens into place through the closed eyelid or gently push the lens onto the cornea using finger pressure on the upper or lower lid next to the edge of the lens.
5. Do not exceed your recommended wearing schedule. Your lenses should be removed anytime they irritate or bother your eyes. *Do not sleep in your lenses!*
6. You must clean and condition your lenses at the *end* of each day. Cleaning your lenses *before* wearing them removes the surface conditioning and may increase your symptoms of dryness. For maximum comfort, always follow the manufacturer's recommendations and use fresh conditioning solution daily. Be sure to thoroughly rinse your case out each day with hot water and let it air dry. Initial samples of the solutions that you will need have been provided for you. You should only use solutions that are approved for the cleaning and conditioning of gas permeable lenses. If you have any questions about your care system, please contact our office.
7. For successful contact lens wear, heavy eye make-up is not recommended. You should avoid metallic and oil-based make-up.
8. Please note that changes in your general health (including pregnancy) or medications may affect the success of your lens wear. If you notice any changes or difficulties, contact our office.
9. Some contact lens wearers will experience more glare and sensitivity from sunlight. Polarized sunglasses will provide more comfortable vision.
10. It is your responsibility to return, as recommended by your doctor, for all follow-up visits. Only your doctor can determine, through examination, how your eyes are adapting to your new lenses and if there are any signs of possible problems. It is very important that you have a yearly eye examination and evaluation of your contact lens fit to ensure that your eyes are healthy and that your lenses are fitting properly.

If you have any questions or difficulties with your contact lenses, contact our office immediately!

Phone: (248) 427-9620

www.swansoneyecare.com

