

## ***H.W RGP Contact Lens Care and Users Education***

H.W assures providing rigid gas permeable (RGP) contact Lenses of high standard of quality recognized at the market; the lens's users achieve maximum comfort, high visual acuity and enhanced contrast sensitivity.

***Caution: dispensing without specialist's prescription is prohibited.***

### **Description:**

H.W offers RGP lathe cut contact Lenses of superb surfaces, well blended peripheral curves and smooth rounded edges; the lenses provide stable characteristics all over their life span.

**H.W RGP 30** [Fluoro Silicone Acrylate, (Focon30 ,(2 III Fatt units (35°C))] is a daily wear contact lens provided for all myopic, hyperopic, aphakic, astigmatic (up to 3D astigmatism) and keratoconus patients.

**H.W RGP 60** [Fluoro Silicone Acrylate , (Focon50 ,(3 III Fatt units (35°C))] is a daily wear contact lens provided for all myopic, hyperopic, aphakic, astigmatic (up to 3D astigmatism) and keratoconus patients requiring more oxygen demand.

### **Suggested replacement:**

H.W RGP 30 lenses are suggested for 12 months replacement.

H.W RGP 60 lenses are suggested for 10 months replacement.

- If lenses are still used beyond the recommended time their performance will generally begin to decline. This may be manifested by decreased comfort, increased deposits, decreased vision, increased lens awareness and increased lens nicks.
- The replacement schedule should be reduced immediately if clinical detectable levels of deposits are ever observed.

### **Directions to handle H.W RGP contact lenses:**

#### **How to insert the lens:**

- 1- Wash, rinse and dry your hands with a clean towel before touching the lenses.
- 2- Perform the insertion process over a cloth or paper towel spread over a table (not over a sink drain).
- 3- Use an adjustable mirror; this will help to view the position of the lens on the cornea not in contact with the lower or upper lid.
- 4- Put the lens on your palm and check the lens has no deposits, scratches or cosmetic signs.
- 5- Clean and rinse the lens with Boston Simplus Multi Action solution.
- 6- For the right eye put the lens on the top of the right index finger. The middle finger of the left hand should be placed over the upper lashes to lift up the upper lid. The middle finger of the right hand should be placed directly over the lower lashes to depress the lower lid (fig. 1). The ability to retract lashes successfully is essential.

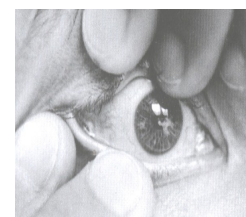


Fig 1\*

- 7- Look straight ahead at a mirror on a table or counter and approach with the lens till it comes in contact with the eye (fig. 2).
- 8- First release the finger holding the lens, then the lower lid and finally the upper lid.
- 9- Perform the same procedure in reverse for the second eye.

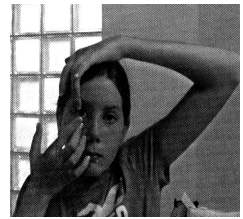


Fig 2\*

**How to remove the lens:**

- 1- Wash, rinse and dry your hands with a clean towel before removing the lens.
- 2- Use the index finger of the same hand as the eye from which the lens is to be removed to eject the lens.
- 3- The finger is placed at the junction of the lateral edge of the lid (fig. 3).
- 4- With the eye opened wide, the lids are pulled laterally, at the same time, the patient blinks and the lens should be ejected (fig. 4).
- 5- This procedure can be performed with both the middle and index fingers of the same hand to enhance the possibility of lens ejection.
- 6- Put the other hand opened underneath the eye to catch the lens if it fails to adhere to the lower eyelashes.

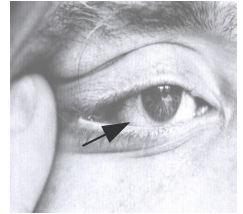


Fig 3\*

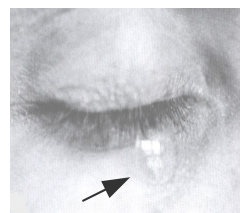


Fig 4\*

**Note:** There is other methods of removing GP lenses, follow the instructions of your professional fitter if he / she recommends other methods.

**Recentration of the lens on the cornea:**

- 1- If the patient notices a unilateral blurring of vision, there is a possibility of decentered lens. Lens location can be determined by the use of a mirror or a finger can be placed gently over different regions of the lid to feel any region that may be overlying the lens.
- 2- On locating the lens, look away from the lens and place a finger on the opposite side of the lens, then look towards the direction of the lens and reposition it on the cornea (figs. 5 and 6).
- 3- Often the patient will develop the confidence to reposition the lens gently without the benefit of the lids.

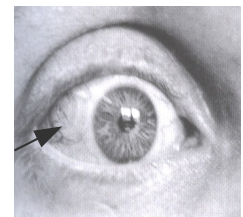


Fig 5\*

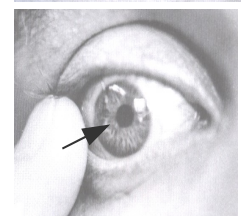


Fig 6\*

**Directions for use:**

- 1- Wash rinse and dry your hands carefully each time before managing the lenses.
- 2- Clean and disinfect the lenses every time you remove them.
- 3- Place the lens on your palm and rub gently, for 20 seconds and rinse the lens thoroughly on both sides using Boston Simplus Multi Action solution.
- 4- Place the lens in the lens case and fill the latter with new Boston Simplus Multi Action solution.
- 5- Repeat the operation with the second lens.
- 6- It is suggested to fill the lens case with Boston Simplus Multi Action solution and keep it with you in case it may be necessary.

\*Note: The arrow indicates lens position

## Warnings:

- 1- Avoid excessive handling of your lenses before inserting them this could result in lens warpage and could cause eye irritation and / or infection.
- 2- Apply eye cosmetics (only on the upper lid) after you insert the lens. Eye liner should not be applied to the inner lid margin.
- 3- Remove cosmetics after removing the lens.
- 4- Water-based cosmetics are less harmful to lenses than oil-based products.
- 5- Do not allow tap water, saliva, home made solution or other none sterile solutions from what has been suggested for storing the lenses to come into contact with your lenses.
- 6- Ribbed and deep-welled lens case is recommended because the lens can adhere to a smooth-welled case if placed improperly (e.g. convex side up). This may experience edge chipping when trying to dislodge the lens.
- 7- Replace the lens case regularly (every 3 months) and the lens case should be sterilized on a regular basis (weekly recommended), either via boiling the case in hot water and air dry or microwaving the case (in dry form) for 3 minutes.
- 8- Do not wear lenses during swimming or showering, unless proper precautions are taken, it could cause an irritation and / or infection to your eyes.
- 9- Do not get lotions, creams or sprays in your eyes.█
- 10-Avoid wearing lenses in the presence of chemicals, unusual air pollution, intense heat (hair dryer).
- 11-After removing the lenses make them soak in a fresh Boston Simplus Multi Action solution for at least 6 hours or all night long and always discard used solution and start with fresh solution (no topping off).
- 12-In case you do not use the lenses for long period, change Boston Simplus Multi Action solution once a week to maintain the lenses in sterile conditions.
- 13-Never wear lenses if your eye is red or irritated.█
- 14-Do not keep your lenses for all night long just soaked in saline solution because it dose not protect the lenses from micro-organisms or infections.
- 15-If you feel the lens uncomfortable or dry, remove it, rinse it with Boston Simplus Multi Action solution, wait a few minutes and try again, if the problem still persists to occur remove the lenses and see your eye professional.█
- 16-Do not wear the lenses for more than 10 hours a day.
- 17-It is not recommended to sleep with contact lenses worn; it is permissible to take occasional short naps (1-2 hours) while wearing the lenses.
- 18-Shall any of the following conditions arise, do not use contact lenses and see your specialist:
  - Eye inflammation, pathology or infection.
  - Sever redness or irritation.
  - Sever or persistent haloes seen around light.
  - Increasing eye lacremation or discharge.
  - Persistent blurry vision (for one hour).
  - Consumption of medicines incompatible with the use of contact lens including the not advisable products used to clean them.
  - Impossibility to follow cleaning standards associated with the use of contact lenses

**Precautions:**

New contact lens wearer as well as those who temporarily discontinued wearing their lenses (more than two weeks) are advised to wear their lenses for 2 hours first time slowly increase the wearing time (2 hours every day) but not for more than 10 hours a day.

**Contraindications:**

Wearing the lenses can cause the following symptoms especially during the period of adaptation:

Tearing – minor irritation – external matter sensation – mild redness of the eye – light sensitivity as well as extra sensitivity to wind, smoke and dust – intermittent blurry vision – problems in looking up – excessive blinking – excessive lens movement.

In case of continuous suffering of these symptoms we recommend you to see your eye professional.

It is rarely but possible to have corneal ulcer which can cause vision diminution. If you do not follow hygienic instructions or if you use the lenses for longer time than recommended it is possible to have ulcerous keratitis. The risk of ulcerous keratitis increases for smokers.

Last revision dated 1/2009

H.W Contact Lens

3 EL Shaheed Mokhtar Saeed Ard EL Golf Heliopolis - Cairo - Egypt