

Caring for your Ortho-K contact lenses

With regular wear you may develop your own preferred method of applying and removing your contact lenses. This is a guide only and outlines the method we usually teach as a starting point.

Wearing schedule

Day 1:

All night and come in for your appointment the following day wearing the contact lenses.

Multipurpose solution:

Saline:

Rewetting drops:

Extra Instructions:

Next appointment:

If you need any further assistance please contact the practice or see our website cameronoptom.com for more information.

Caring for your Ortho-K lenses



Contact us

Cameron Optometry
5 St Vincent Street
Edinburgh
EH3 6SW

0131 225 2235

vision@cameronoptom.com



CAMERON
OPTOMETRY

EDINBURGH

Applying your Ortho-K lenses

- Remove your lens from the case using the pad of your finger.
- Examine your lens to ensure it is clean and undamaged.
- Rinse the lens with several drops of multipurpose solution.
- Use both hands to hold your upper and lower eyelids.
- Keep both eyes open, looking straight ahead.
- Gently place the lens onto the coloured part of your eye, and then release first your lower then upper eyelids.

Ortho-K lens centring

If your lens moves off-centre and needs to be re-aligned in your eye:

- Locate your contact lens by looking in the mirror, or feel for the outline of the lens through your closed eyelid.
- Look in the opposite direction. For example, if the lens is under your upper eyelid look down.
- Use your fingertips to place the edge of your eyelid next to the edge of the lens, and nudge it back into position as you shift your gaze towards the lens.

Removing your Ortho-K lenses

Do not remove your lenses until at least 20 minutes after waking, unless you are sure that the lenses are mobile. If you still can't feel the lenses moving after 20 minutes instill a couple of rewetting drops in each eye.

Method to manually remove the lens:

- Place your index or middle finger tight against your upper eyelid, pinning back the lashes.
- Place your other index or middle finger tight against the edge of your lower eyelid.
- Push your eyelids towards each other, keeping the eyelids tight against the eye.

This will easily pop the lens out as you are using the lids to press on the lens edge (think of a tiddlywink).



Cleaning and storing

After removing the lenses in the morning, clean them immediately to remove mucus, protein and debris that may have built up on the surface.

Daily:

1. **Clean:** Place the lens in your palm and apply a few drops of multipurpose solution (recommended by your optometrist). Gently rub the lens in a circular motion with your ring finger, not rubbing the lens too hard.
2. **Rinse:** Rinse the solution off with saline.
3. **Store:** Fill your case with fresh multipurpose solution each time you clean and store your lenses. After use, rub the inside of your case with clean fingers, rinse with fresh solution and allow to air dry naturally overnight (preferably not upright in a bathroom) Replace your storage case whenever you open a fresh bottle of solution.

Weekly:

After step 2 above, put an extra drop of multipurpose solution on the inside of the lens. Use a cotton bud to gently clean the inside of the lens. Rinse and store as above.

Remember

- Always wash and dry your hands thoroughly before handling your lenses. Avoid using soaps that are strongly perfumed or contain moisturisers.
- If the lens is uncomfortable during the night instill a couple of rewetting drops into the eye.
- Do not use tap water or saliva to rinse your lenses or case.
- Use fresh solution each time you clean and store your lenses.
- Avoid lens mix-ups. Always start with the same contact lens when you apply, remove and clean your lenses.
- If your eye becomes red and/ or painful at any time, please seek the advice of your optometrist.