

Care of your Rigid Gas Permeable Contact Lenses

Information for patients



Department of Optometry,
Oxford Eye Hospital

Please read **ALL** the instructions through carefully:

1. **Always** wash and dry your hands thoroughly before inserting or removing your lenses. We recommend that you keep your fingernails short, so that you do not catch your eye with them.
2. Work over a clean, flat surface, or put in the plug if you are working over a sink!
3. Eye infections may occur due to poor lens case hygiene. There is no point putting a clean lens into a dirty case! Scrub your case weekly using a drop of your **contact lens cleaner** (for example Boston Advance Cleaning Solution™) and a clean cotton bud. **DO NOT** use soap to clean your case as this may make your contact lens sting your eyes if it is not fully rinsed away.
4. **DO NOT** rinse your case or lenses with tap water as this can cause eye infections.
5. Remember to replace your lens case every 3 months. Deposits can build up on your case in the same way they build up on the contact lens.

Lens insertion

1. Place the soft part of your fingertip in the centre of the lens to remove it from the case. Take care not to drag the lens up the side of the case, as this may cause scratching.
2. The lens can be inserted directly from the wetting and soaking solution in the case, or can be rinsed with saline first. Check that the lens is not damaged.
3. Balance the lens on your fingertip and place a drop of fresh wetting and soaking solution onto the centre of the lens. This 'cushions' the lens and makes it more comfortable when inserted in the eye.
4. Hold your eyelids wide, remembering to position your fingers along the edge of your lids at the base of your eye lashes to get maximum effect. Insert the lens directly onto the centre of your cornea, i.e. over the black pupil.
5. If the lens slips onto the white of your eye, gently use the edges of your eyelid to push it back into the centre, or remove the lens and re-insert it onto the centre of your cornea.
6. If the lens is particularly uncomfortable, remove it, rinse it with saline solution and re-insert.
7. If you wear two lenses then repeat steps 1 - 6 for the second lens.
8. Empty the remainder of the wetting and soaking solution from the case, rinse with saline and leave to air dry.

Lens removal

1. Remove the lens as directed by your optometrist.
2. Place the lens onto the palm of your hand, turned upwards like a cup.
3. Place a drop of cleaner (from the small bottle) onto the lens and your hand. Rub lens gently but firmly with the little finger of your other hand for 30 seconds. Rinse away the cleaner and any debris with saline.
4. Place fresh wetting and soaking solution (from the larger bottle) into the case.
5. Place each lens into the correct side of the lens case. The soaking solution takes 6 hours to work fully, so the lens must remain in the solution for a minimum of 6 hours to ensure disinfection is complete.
6. If you wear two lenses, repeat steps 1 to 5 for the other eye.
 - **Never use tap water to rinse your contact lenses or case.**
 - **Do not get cleaner in your eye.** If you do get the cleaner in your eye, rinse with copious amounts of saline. If your eye is uncomfortable and this continues after rinsing, please go to your nearest Eye Casualty.
 - **It is safe to get the wetting and soaking solution (from the larger bottle) in your eyes.**

Eye makeup and contact lenses

Getting makeup in your eye is annoying, but it's worse with lenses as it can stick to them instead of being flushed out by your tears.

Put in your contact lenses before applying makeup. **Always** wash your hands thoroughly before touching your lenses to avoid transferring oils, creams or lotions onto them.

Use only non-allergenic makeup.

Cream eye shadow is less likely to get into your eyes than powder. However, creams can irritate your eyes more if they do get in. Choose water-based rather than oil-based creams.

If you prefer powder, keep your eyes closed during application, then brush off any excess before opening your eye.

Never apply eyeliner between your lashes and your eye. Only apply it to the portion of the lashes that is well away from your eyes.

To remove makeup, wash and dry your hands. Then remove your contact lenses as described earlier in the leaflet. Finally, use your eye makeup remover.

Replace your eye make up frequently – at least every 3 months. Bacteria can get into the product and build up over time, increasing the risk of infection if it gets into your eye.

Never share eye makeup.

Points to remember

- If either eye is red, sticky or uncomfortable remove the lens and contact the:

Optometry Department

01865 234567 (Option 6) 8:30am to 1pm Monday to Friday

Or Email: **optometry.secretary@ouh.nhs.uk** 8:30am to 4:00pm Monday to Friday

In an emergency, if your condition is urgent (symptoms for less than five days), call our specialist telephone triage number

Tel: **01865 234567 option 1 Monday to Friday 8.30am - 4.30pm Saturday and Sunday 8.30am - 3.30pm (including Bank Holidays)**

You will be able to speak to an ophthalmic health professional who will advise you.

If you need advice **out of hours**, please phone **NHS 111** or your out of hours GP practice.

- Always keep your aftercare appointments. These allow us to ensure that your current lenses are fitting well and to monitor the health of your eyes. If the time is inconvenient please contact either the Patient Contact Centre on **01865 231 405** or the Optometry Department to re-arrange the appointment.

- Never wear your lenses overnight as this increases your risk of developing a contact lens related infection. This may permanently damage your vision and affect whether you can wear contact lenses in the future.
- Do not wear your lenses for longer than your optometrist advises. Build up your wearing time gradually. Begin with 2 hours and increase by ½ an hour each day.
- Never wear a damaged lens. If you need a replacement contact the Optometry Department.
- If you have a sudden sharp pain, there may be a speck of dust under the lens. If so, remove the lens, rinse and re-insert. If you still have a sharp pain after rinsing, remove the lens as it may be damaged. Check the edges carefully and contact the Optometry Department for a replacement if it is damaged.
- Take care with the edges of your lenses. If you drop a lens, pick it up by gently touching the centre of the lens with a finger wetted with wetting and soaking solution.
- Do not swim or shower with your contact lenses in.

**Look after your lenses and
enjoy them!**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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