

Caring For Your GP Lenses

How To Apply, Remove and Clean Your GP Contact Lenses

A Step-by-Step Guide

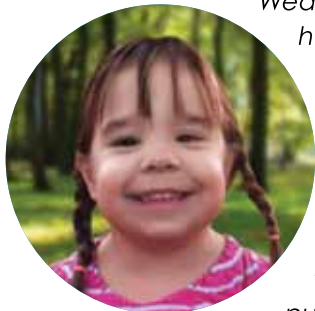


At age four, Brylee has easily adapted to wearing a GP lens. You can, too!

Brylee began wearing a GP lens at age one. Now, at just four years old, Brylee takes out the lens on her own and is learning to put it in by herself!

Brylee was born with a congenital cataract. Left uncorrected, her vision will not develop properly.

Wearing a GP lens in this eye allows her to experience the freedom of a contact lens, combined with the crisp, clear vision needed for visual stimulation. This allows her vision to develop more naturally.



"We were a little nervous about putting in a contact every day.

Now, it is amazing to witness moments when she realizes her vision instantly improves," her father says. Brylee has easily adapted to the comfort and convenience of GP Lenses and so can you!

Special Instructions

The type of soap used to wash your hands is very important. Always dry your hands thoroughly before touching your lenses. Only use soaps that DO NOT contain:

- lotion, cream or perfume
- deodorant
- artificial coloring

When drying your hands, always use a clean, lint-free towel. Your Eye Care Professional can advise you which soaps are best to use.

Avoid lens mix-ups. Always start with the same contact lens when you apply, remove, and clean your lenses.

Read carefully. Every care system has its own care regimen. Carefully follow the directions provided by your Eye Care Professional to avoid problems.

Your Eye Care Professional may recommend an additional weekly cleaning step to help prevent protein deposits from accumulating on your lenses.

Wearing Schedule

Day 1 ___hours	Day 5 ___hours
Day 2 ___hours	Day 6 ___hours
Day 3 ___hours	Day 7 ___hours
Day 4 ___hours	Week 2 ___hours

Extra Instructions:



Learn more about
GP lens care at:
www.contactlenses.org
www.allaboutvision.com

To reorder this brochure visit www.GPLI.info

Caring for your new GP lenses is easy!

Applying Your GP Lens

- With your right lens on your right index finger, look to make sure your GP lens is clean and free of defects.
- Place several drops of wetting solution into the bowl of the lens. Never use tap water or saliva!

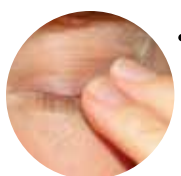


- Use both hands to hold your upper and lower eyelids. Keep both eyes open, looking straight ahead.

- Gently place the lens onto the center of the colored part of your eye, then release eyelids.

GP Lens Centering

If your lens moves off-center and needs to be re-aligned on 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 toward the lens.

Removing Your GP Lens:

There are two common methods for lens removal.

Method One: Gently blink the GP lens out of your eye.



Place your middle finger in the outer corner of your eyelid.



Look straight ahead. Gently but firmly pull straight back, pulling the edges of your eyelid tightly against your eye.



Blink hard and your lens will pop out. Catch the lens in your left hand, or let it fall onto a flat surface covered with a clean towel.

Method Two: Gently remove the GP lens from your eye.



Place your right middle finger tight against your right upper eyelid, pinning back the lashes.



Place your left middle and index finger tight against your bottom eyelid, pinning it against the eye. Next, you have two options:

A) **Pull your** eyelids away from your nose, keeping your eyelids against your eye, or

B) **Push** eyelids toward each other, keeping the eyelids against the eye.



Both options will easily pop the lens out.

Full instructional video can be seen at www.contactlenses.org

Caring For Your GP Lenses

After removing your lenses, clean them immediately to remove mucus, protein and debris that build up on the surface during the day.

- 1 Place the lens in your palm and apply a few drops of a cleaning solution recommended by your Eye Care Professional. Gently rub the lens in a circular motion with your ring finger, not rubbing the lens too hard.

- 2 Rinse the cleaner off with an approved lens rinsing solution.



- 3 Fill the case with fresh conditioning or disinfecting storage solution to protect your lenses overnight.

Use fresh solution each time you clean and store your GP lenses.

After each use, rub the inside of your case with clean fingers for five seconds, rinse with fresh disinfecting solution and wipe dry with a clean cloth. Place the empty case face-down in a clean, dry area with the caps off. Replace your storage case monthly.