

INSERTING A RGP (RIGID GAS PERMEABLE) LENS

- 1. Wash and dry your hands**
 - Use mild, non-moisturizing soap.
 - Rinse well and dry with a lint-free towel.
- 2. Inspect the lens**
 - Place the lens on the tip of your index finger.
 - Check that it's clean, wet, and not chipped or cracked.
- 3. Apply wetting solution**
 - Clean both the front and the back surface of the lens thoroughly using only the solution provided to you.
 - Put 1–2 drops of RGP conditioning/wetting solution into the lens bowl.
 - This improves comfort and helps the lens settle properly.
- 4. Hold your eyelids wide open**
 - Use the middle finger of the same hand to pull down the lower eyelid.
 - Use the index or middle finger of the other hand to lift the upper eyelid.
 - Hold the eyelids firmly against the bony rim to prevent blinking.
- 5. Look straight ahead**
 - Focus on a fixed point (like a mirror or your own eye).
 - This helps center the lens on the cornea.
- 6. Insert the lens**
 - Gently place the lens directly onto the center of your eye.
 - Avoid sliding it in from the side.
- 7. Release eyelids slowly**
 - Look down, and while looking down let go of the lower lid first, then the upper lid.
 - Blink gently a few times.
- 8. Check comfort and position**
 - Vision may be slightly blurry for a few seconds—this is normal.
 - The lens should feel comfortable and centered.
- 9. Repeat for the other eye**
 - Always insert the same eye first to avoid mixing lenses.

Helpful Tips

- If the lens feels uncomfortable, blink a few times or add a drop of wetting solution.
- If discomfort persists, remove the lens, clean it, and reinsert.
- Never use tap water or saliva on the lens.
- Expect a short adaptation period when you first start wearing RGPs.

Common Mistakes to Avoid with RGP Lenses

- 1. Not washing or drying hands properly**
 - Oils, soap residue, or lint can cause irritation and blurry vision.

- Always use clean, dry, lint-free hands.
 - 2. **Mixing up right and left lenses**
 - Even small prescription differences matter with RGPs.
 - Tip: always insert and remove the same eye first.
 - 3. **Inserting the lens dry**
 - A dry RGP lens is uncomfortable and won't center well.
 - Always use conditioning/wetting solution before insertion.
 - 4. **Letting go of eyelids too soon**
 - Blinking during insertion can knock the lens off-center or out.
 - Hold lids firmly until the lens is fully on the eye.
 - 5. **Sliding the lens in from the side**
 - RGP lenses should be placed **directly on the cornea**, not slid across the eye.
 - Sliding can cause discomfort and misalignment.
 - 6. **Using tap water or saliva**
 - This increases the risk of infection (including serious ones).
 - Only use approved RGP solutions.
 - 7. **Ignoring discomfort**
 - Mild awareness is normal, pain is not.
 - If it hurts, remove, clean, re-wet, and reinsert.
 - 8. **Over wearing lenses too quickly**
 - Wearing RGPs all day from day one can cause soreness.
 - Follow the gradual wear schedule your eye care provider gave you.
 - 9. **Not cleaning lenses daily**
 - Protein and debris build up faster on RGP lenses.
 - Clean after every removal, even if worn briefly.
 - 10. **Rubbing eyes with lenses in**
 - This can dislodge or even lose the lens.
 - If your eye itches, use lubricating drops or remove the lens first.
 - 11. **Skipping follow-up appointments**
 - RGP fit and comfort depends on regular checks.
 - Small adjustments can make a big difference.
-