

REMOVING A RGP (RIGID GAS PERMEABLE) LENS

Method 1 (Without Plunger)

1. **Wash and dry your hands thoroughly**
Dry hands are important—wet fingers won't grip the skin well.
 2. **Look straight ahead into a mirror**
Keep your head upright.
 3. **Open your eyes wide**
Use your index finger to pull the **outer corner of your eye** (near the ear) slightly outward and tight.
 4. **Hold your upper and lower eyelids firmly against the lens**
The lids should be snug against the edges of the lens.
 5. **Blink firmly**
The pressure from your eyelids will pop the lens out.
 6. **Catch the lens**
Hold your other hand underneath or blink over a clean towel to prevent it from falling or breaking.
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Method 2 (With Plunger)

1. **Wash and dry your hands**
 2. **Moisten the plunger tip slightly**
Use sterile saline or contact lens solution (not water).
 3. **Look straight ahead**
 4. **Gently touch the plunger to the center of the lens**
Do **not** touch your eye directly—only the lens.
 5. **Pull straight out gently**
The lens should come off easily.
 6. **Release the lens into your palm**
Squeeze the plunger slightly to let go of the lens.
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IMPORTANT SAFETY TIPS

- **✗Do NOT pinch the lens** like a soft contact
 - **✗Do NOT use fingernails**
 - **✗Do NOT force it**—if the lens feels stuck, add lubricating drops and try again
 - **✓If the lens moves off-center, look in the opposite direction** and gently massage your eyelid to center it before removal
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