



Contact Lens Handling and Care - RGP (Hard) Lenses

In the Morning – putting them in

- Firstly, WASH YOUR HANDS. Dry your hands but be sure not to leave lint on your fingers.
- Remove lens from case and fill back of lens with COMFORT drops
- Place lens straight onto eye over the pupil (black part)
- Rinse case out with hot water and leave to dry during the day in a clean area.

In the Evening – taking them out

- After washing your hands, place a drop of comfort drops into each eye.
- After five minutes, use your index finger to push your bottom eyelid up to ensure that the contact lenses are moving
- Use your lens sucker to remove the lenses by looking straight at the sucker, or use the “tight blink” to remove your lenses
- Clean your lenses in your hand using Menicare/Simplus OR using daily cleaner (red lid) and rinse under the tap
- Place lenses into your dry lens case and cover lenses with Menicare/Simplus OR the conditioning solution (blue lid).

We recommend that all RGP (hard) lens wearers, including OrthoK, have their lenses cleaned with the Progent protein removal system at least every three months. This intensive cleaning only takes 30 minutes, and can be done while you wait. Regular Progent treatment makes sure that your lenses are clean, healthy, and will last as long as possible.

If you have any problems, concerns or questions, you can contact:

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