

# Healthy Corneal Reshaping Gas Permeable Contact Lens Habits

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Congratulations on your new corneal reshaping GP contact lenses!

To ensure continued success with your reshaping contact lenses, review these healthy contact lens habits.

1. Wash your hands thoroughly with soap, rinse and dry them before handling your contact lenses.<sup>1,2</sup>
2. Do not use tap water to clean, handle or store your contact lenses or to clean the contact lens case.<sup>3-8</sup>
3. Your care regimen has been prescribed specifically for your contact lens type. Do not change your regimen without consulting your eye care provider.<sup>1</sup> Using improper contact lens care products may impact the quality of your contact lenses, your eye health or overall contact lens wearing experience.

Storage, disinfecting, cleaning solution(s): \_\_\_\_\_

Daily Cleaner (if recommended): \_\_\_\_\_

Additional Cleaner (if recommended):  
\_\_\_\_\_ Every \_\_\_\_\_ weeks

Rewetting drops: \_\_\_\_\_

4. Generic "store brand" solutions are often formulations of older solutions and may not be compatible with your type of contact lenses.
5. To maintain comfortable lens wear, rub and rinse your contact lenses in the palm of your hand with the prescribed solution to remove debris, as directed.<sup>9-11</sup>
6. Always recap your solution bottle.<sup>2,12</sup>
7. Proper care of your contact lens case
  - a. Completely empty the solution in the contact lens case every day.
  - b. Clean the contact lens case and any accessories with your prescribed solution.



- c. Completely wipe dry your contact lens case<sup>13</sup>, leave the case uncapped and place your contact lens case upside down on a clean surface.<sup>13</sup>
- d. Replace your contact lens case and accessories periodically as recommended by your doctor.<sup>14-16</sup>

Replacement frequency for cases and accessories: \_\_\_\_\_

Cleaner for contact lens case: \_\_\_\_\_

8. Never add more solution to the left over solution in the case; no "topping off."<sup>10,17,18</sup>
9. You should store a spare pair of contact lenses dry in a contact lens case until needed. Then prior to use, clean the contact lens(es) and soak in disinfecting solution per manufacturers recommendation prior to application.
10. Be sure that your contact lenses are freely moving on your eye before removing them. You can place a rewetting drop in each eye prior to contact lens removal.
11. Discontinue contact lens wear immediately if you experience redness, discomfort, or visual disturbance and call your eye care professional.
12. It is important to follow your doctor's instructions on the wear and care of your contact lens. As with any contact lens wear, there is an inherent risk for contact lens complications.<sup>19-21</sup>
13. ALWAYS bring your contact lenses to every follow up visit.
14. Your follow up schedule is the following:

1-day  1-week  1-month  3-months  6-months

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Association of Optometric Contact Lens Educators  
[www.aocle.org](http://www.aocle.org)



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