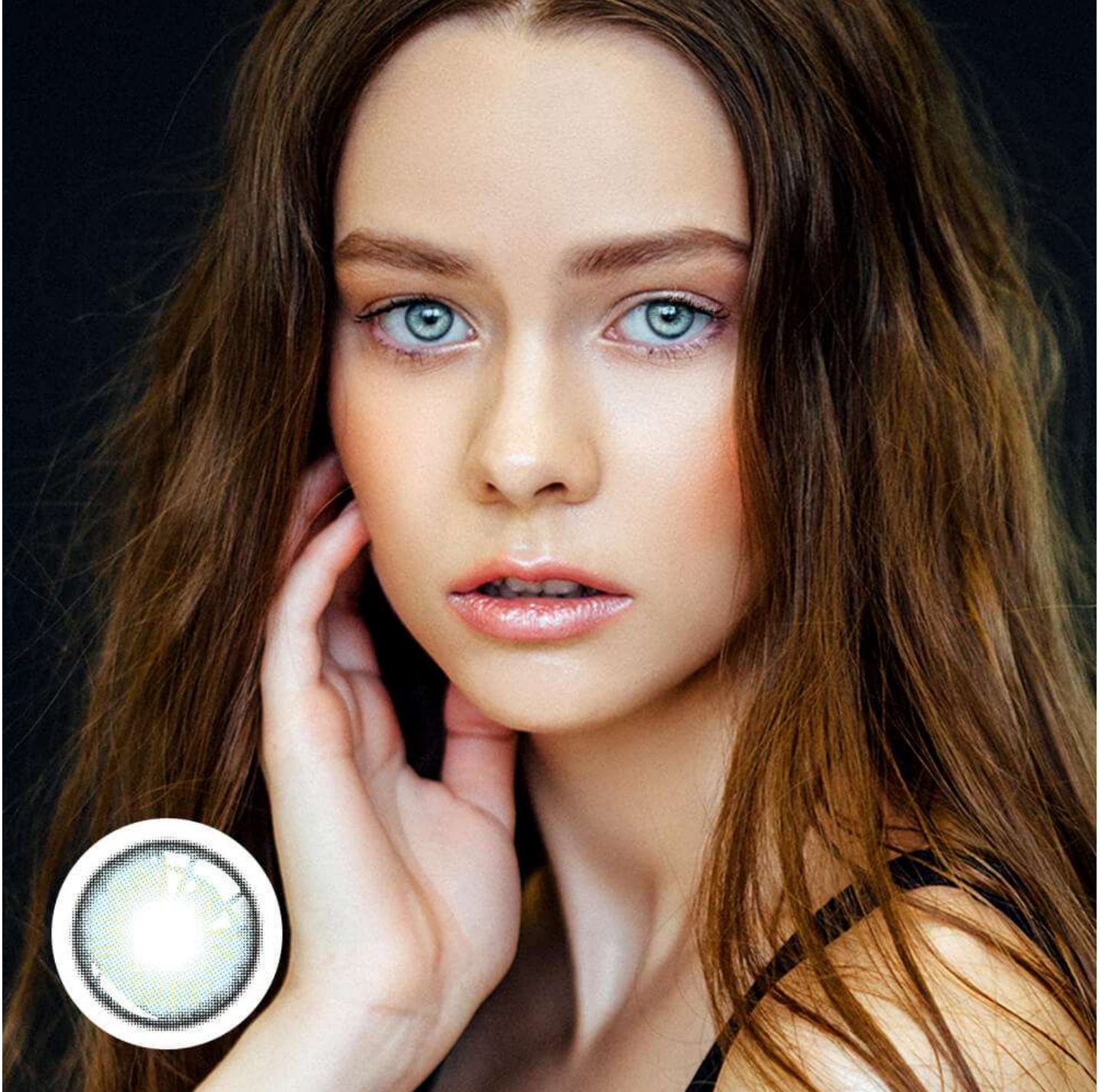


Understanding the Basics

When it comes to maintaining your rigid gas permeable contact lenses, proper care is essential to ensure both eye health and lens longevity. These lenses are known for their durability and crisp vision, but they require a specific cleaning routine to keep them in optimal condition.



How to Properly Care for Your Rigid Gas Permeable Contact Lenses in Aubrey Shults

One of the most crucial steps in caring for your rigid gas permeable contact lenses is to clean them daily with a suitable solution. Make sure to use a solution that is specifically designed for rigid gas permeable lenses, as other solutions may not be compatible and could damage the lenses.

Daily Cleaning Routine

Start by washing your hands thoroughly with a mild soap and water. Dry them with a lint-free towel to avoid transferring any debris to your lenses. Remove one lens at a time and place it in the palm of your hand. Apply a few drops of the cleaning solution and gently rub the lens in a circular motion for about 20 seconds. Rinse the lens with more solution to remove any loosened debris.

Storage and Maintenance

When you are not wearing your rigid gas permeable contact lenses, it is essential to store them properly. Use a clean contact lens case and fill it with fresh solution. Place each lens in its respective compartment and make sure they are fully submerged. Avoid using tap water or saliva to store your lenses, as this can introduce harmful bacteria.

Additionally, remember to replace your contact lens case regularly to prevent bacterial buildup. It is recommended to replace the case every three months or as directed by your eye care provider.

Handling and Insertion Tips

Proper handling of your rigid gas permeable contact lenses is crucial to prevent damage and ensure a comfortable wearing experience. When inserting your lenses, make sure to check for any debris or tears before placing them on your eye. Use a gentle touch and avoid applying excessive pressure, as this can cause the lens to fold or warp.

If you experience any discomfort or irritation while wearing your lenses, remove them immediately and consult your eye care provider. It is essential to address any issues promptly to prevent further complications.

By following these guidelines for caring for your [rigid gas permeable contact lenses](#), you can maintain clear vision and healthy eyes. Remember to attend regular eye exams to monitor the condition of your lenses and ensure they are providing the best vision correction possible.

References

- [rigid gas permeable contact lenses](#)