

Gas Permeable Contact Lens Care for Oily Films

Many patients who wear gas permeable contact lenses eventually have problems trying to keep their contacts free of oil debris and haze. The following regimen has been helpful in many of those patients.

This regimen is specifically designed to reduce oily film buildup on your gas permeable lenses:

1) You will need a prescription for Optivar, an antihistamine eye drop. Use one drop in each eye when you get up and when you go to bed. It stings a little, but clears quickly. Hopefully, this will reduce the oils in your tear layer.

2) Soak your contacts in preservative-free saline (see the graphic on the right), the same saline that is used for soft contacts. It is available at Walgreens, CVS, Wal-Mart and many online sites. Brand names are Unisol 4, Purilens, CVS has its own brand, and several different brands that come in spray cans (the size of a starch spray can). You will store your lenses over night in that saline and rinse out and air dry your contact lens case each morning.

Preservative-free saline



3) Prior to inserting your contacts, you must wash your hands with Neutrogena. Even the slightest oils from your hands will coat the lenses and many soaps have conditioning components that act like oils.

4) Clean your lenses at night with Basic-H2 cleaner available from Shaklee online. Use it in a 20:1 water to Basic-H2 ratio and rub your contacts thoroughly. You will need to make sure to clean the outside surface of your contact lenses. If it is difficult to remove the cleaner from the contacts, dilute it a little more.



One technique is to place the concave side of the contact on the tip of your first finger and rub the outside convex side of the contact on the palm of your other hand using several drops of the Basic-H2 cleaner. You can also thoroughly clean the outside of your contacts by rubbing the contact lens between the first finger and the thumb. The point is to thoroughly clean the outside of the contact where the oils accumulate. The inside also needs to be cleaned, but it does start out cleaner.

5) Rinse thoroughly with water and then rub a few drops of a gas permeable lens wetting solution onto each contact lens prior to placing the lens into the preservative-free saline.

6) In the morning, wash your hands with Neutrogena, take the contact lens from the saline soak, and place it directly in your eye. It won't be quite as cushioned without the addition of a wetting solution drop, but try it. You can always add the wetting drop back if you need it. The wetting solution just adds another product to your contact that occasionally causes smearing of your contact lens surface.

The next page shows a brochure from Shaklee about Basic-H2 and the following page shows a letter sent out by our contact lens lab about their regimen for cleaning oily gas permeable contacts.

Robert M. Scharf, M.D.

Robert M. Scharf, M.D.



BASIC H2™ ORGANIC SUPER CLEANING CONCENTRATE

This little 16 oz bottle creates an unbelievable 48 gallons of super-safe, really powerful, double-concentrated, all purpose cleaner. We challenge you to use it up any time soon to clean everything from spilled milk, to bug guts on the window, to splattered spaghetti sauce. Now go, get cleaning.

For all-purpose cleaning:
Add 1/4 tsp. to 16 oz. of water.

For windows and mirrors:
Add 1-2 drops to 16 oz. of water.

For degreasing:
Add 1 1/2 tsp. to 16 oz. of water.

For bigger jobs, add 2 oz. to 1 gallon of water.

Features

Directions

For best results, use with Get Clean Spray Bottles

Basic H2™ is all you need for thousands of household jobs

- * Ultraconcentrated – 16 ounces makes 48 gallons of super powerful cleaner when mixed with water.
- * Versatile and powerful cleaner – removes dirt, grease, and grime from any washable surface, inside and out. Dilute according to directions.
- * No rinse, no residue, streak-free formula.

Use on any washable surface – indoors or out

- * Walls, Windows and Mirrors, Countertops, Floors, Appliances, Stoves, Woodwork, Pots and Pans, Furniture

Clean Credentials

- * Nontoxic * Natural * Doubly concentrated * Biodegradable

Features

Directions

Directions for best results:

Kitchen, appliances, furniture, woodwork, fixtures, walls, stainless steel, sealed granite, marble, and bathrooms: Add 16 oz. of water in a Get Clean Spray Bottle. Add 1/4 teaspoon of Basic H2. Spray on surface and wipe off with the Get Clean Super Microfiber Cleaning Cloth. No rinsing required.

Pots and pans: 1/2 teaspoon + 1 gallon of warm water. Soak as needed and rinse with water.

Windows and mirrors: Add 16 oz. of water in a Get Clean Spray Bottle. Add 2 drops of Basic H2. Spray on surface and wipe off with the Get Clean Super Microfiber Window Cloth.

Floors: 1 tablespoon + 1 gallon of water. Apply to floor with sponge or mop.

Woolens, nylons, and fine fabrics: 1/2 teaspoon to a basin of lukewarm water.

You can order Basic-H2™ on-line at www.shaklee.net/becky/product/GetCleanHousehold



August 1, 2007

URGENT ATTENTION

Subject: Oily Lens Surfaces

A number of my customers have raised issues regarding the above subject. The overwhelming majority of our lens complaints about new lenses concerns oily lens surfaces. Even though this is a very common problem, it is very easily prevented. When we receive complaints about an oily lens surface on a pair of lenses, it is almost invariably the right lens. This is simply because the right lens is handled first and the oil is removed from the fingers of the technician or the patient by the time they handle the left lens. The source of the problem is improper hand cleaning before handling of the lenses. Under no circumstances should lenses be handled after hands have been washed with regular commercial soap. All commercial soaps contain oily substances such as glycerin or lanolin, which are designed to keep the hands soft and these oils are subsequently transferred to the lenses.

New lenses are much more prone to the collection of these oils because they have a much more wettable surface than a lens which has been degraded somewhat by routine lens care. Also, lens surfaces that have not been conditioned with contact lens solution are much more prone to collecting oils. Modern equipment and lens polishing techniques also allow us to produce far better surfaces than ever before.

We have been unable to find soaps that do not contain oils or moisturizers in pharmacies, grocery stores or wholesale outlets. It is necessary that you wash your hands with either optical soaps or concentrated oil-free soaps such as Basic-H® (a Shaklee® product) before handling lenses. We use Basic-H® because it is more effective and economical than optical soap. Our lab personnel use Basic-H® to wash their hands on every occasion before the lenses are handled. Also lenses are washed with Basic H® at least twice at both first and final inspection. Additionally we have been using Basic-H® for the entire 34 years of our existence. Furthermore, Basic-H® is so effective that we use approximately 30 gallons of this concentrated cleaner each year.

**Al Blackburn
President
Progressive Vision Technologies**

AEB/agb

Toll Free	Phone	Fax
1 80 044 23032	2 14 350 6863	2 14 351 4405

11034 SHADY TRAIL #106
DALLAS, TEXAS 75229
www.progressiveeyes.com