

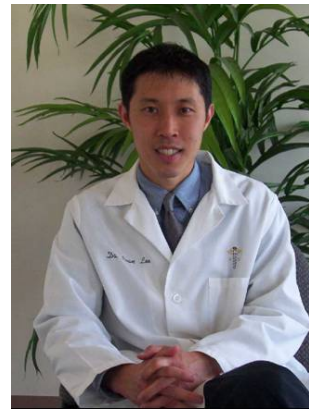
Welcome To our Office



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Welcome

This manual will be used as a reference guide to refer to for commonly asked questions. Pages will be added and subtracted during future visits.

Our commitment

We work very hard to make your experience within our office the very best possible! We are committed to *safely* improving your vision. We schedule time to accommodate all your questions and examine your eyesight.

Several of our patients travel a significant distance to receive our care. *We ask that you come 5 minutes early for ALL your appointments so can provide you with the very best of care.*

Disinfection and Storage

How you clean, store and disinfect your lenses is one of the most important part of your GVSS program. You will be supplied with samples of the solutions YOU are to use; they are available in most pharmacies, Wal-Mart, Target, and Sam's wholesale locations, etc. DO NOT change solutions unless you consult our office first, email us at www.EyeProfessionals@aol.com.



One Step Cleaning Systems

Multipurpose solutions are used to clean, rinse and store your retainer lenses. One solution is used for everything.



Unique pH



Boston Simplus



Optimum CDS



Simplicity

How to Disinfect Your Lenses

1. First, discard any left over solution in the case. Clean the case with water; allow case to air dry when not used. To avoid mixing the lenses, always clean one lens at a time.
2. To clean your retainers place one lens in the palm of your hand and fill with Unique PH or Simplus. Place your finger inside the lens and rub around your palm in circular motions for 30 seconds. That is how to clean the "outside" of the lens.
3. To clean the "inside", take the same finger and rub it along the "inside" of the lens. Move your finger along the inside of the lens for 30 seconds.
4. Once you have finished, rinse well with tap water or multipurpose solution. You NEVER want to take the lens right from tap water and place in your eye. ALWAYS make sure that the lens is coated in the Unique PH/Simplus Solution first, before insertion.
5. Place the disinfected lens into case and completely cover it with Unique PH/Simplus Solution. Securely close the case and repeat steps 1-4 with your other lens.

Two Step Cleaning Systems

If a multipurpose system does not clean your retainer lenses properly, our doctors will often add a separate cleaner to further clean your lenses, hence the term, two step system. All daily cleaners have a **RED** tip on the "nose" of the bottle, which represents warning, never put directly in eye.



Boston Original Cleaner



Lobob (Optimum) Cleaner



Boston Advance Cleaner

1. Using one of the prescribed cleaning agents above, rub your retainer lens with for 30 seconds in the palm of you hand, making sure both eyes are cleaned.
2. Once you have finished, rinse well with water, **MAKE SURE THE SINK DRAIN IS COVERED**, to prevent losing in the lens. After your rinse your lens, it should "squeaky" clean.
3. You **NEVER** want to take the lens right from tap water and place in your eye. **ALWAYS** make sure that the lens is coated in multipurpose or soaking solution first, before insertion.
4. Place the disinfected lens into case and completely cover it with soaking or Multipurpose Solution.
5. Before you place your retainer lenses back in your eyes, rinse with water and coat with soaking or multipurpose solution. **NEVER take lenses stored in OPTIMUM/LOBOB solution directly from the case and place in eye.**

Storage Solutions (Not multipurpose)



Boston Original Soaking



Boston Advance Soaking

Storage solutions, like the ones shown above, are used to store and disinfect your lenses; they DO NOT clean the lenses. They are used with daily cleaners.

Supra Clens:



1. From time to time our doctors will prescribe Supra Clens, a drop used to remove protein from your lenses.
2. Add ONE drop of Supra Clens in the case with your *cleaned* lenses that are soaking in storage solution.
3. Before the insertion of the lens, make sure that all solution and Supra Clens is thoroughly rinsed off and the lens is completely coated in a lubrication drop.

Lubrication Drops: are used before *GVSS* retainer lenses are placed in the eyes at night and before they are removed in the morning.



Clerz Plus is a lubrication drop made by a company called Alcon, it's placed in the eyes before *GVSS* retainer lenses are put in at night and before they are removed in the morning.



Refresh Tears, made Allergan, is another popular and easily obtained lubricating drop. It is available at most Target, Wal-Mart, drug stores and supermarkets.



Refresh Liquigel, also made by Allergan, is a thicker drop that makes your lenses more comfortable when you put them in at night.

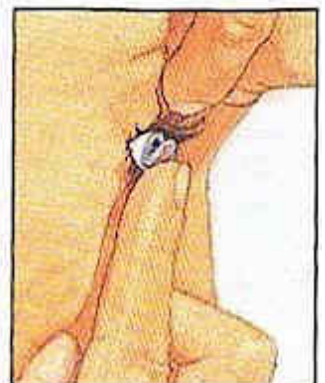
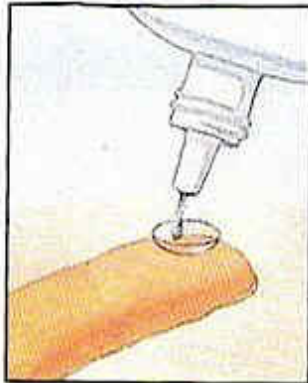


Refresh Celluvisc, made by Allergan, is the thickest drop made to make your retainer lenses very comfortable when you put them in at night.

Inserting Your GVSS Lenses



1. Wash your hands with a mild soap.
2. Close the drain on your sink.



1. Place the lens, on the tip of your index finger.
2. Apply a few drops of soaking solution. (Never place directly from rinsing with tap water.)

1. Remove the lens from its case and place it up like a bowl on your index finger. Quickly inspect the edges of the lens to make sure there are no chips, cracks, etc. NEVER wear a damaged lens.
2. *If your lens is stuck to the top of cap of the case, use your plunger to remove, not your finger, it will break.*
3. Hold down your lower eyelashes with your middle finger of the same hand the lens is in on.
4. Your other hand to gently hold up your top eyelashes up. Make sure you place the lens directly over the center part of your eye.
5. If the lens ends up on the white part of the eye, or sclera, you must manually center it.

If your lens lands on the white part of the eye:

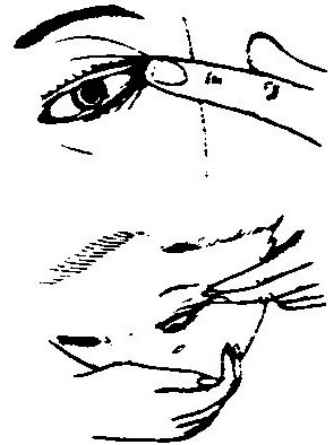
1. Gently move the lens back to the center of the eye by using your eyelids.
2. Push the lens onto the cornea while the eye is open, by pushing the lens with your EDGE of your upper or lower eyelid.
3. NEVER place your finger directly over the center of the lens and drag it into place.

Removing Your Lenses without a Plunger

Method 1: Blink

1. Place your index finger at the outer junction of your upper and lower lids, stretch the skin outward and slightly upward while keeping your eyes wide open.
2. Cup your other hand below your eye and blink briskly. The pressure of the eyelid will pinch the lens and the lens will drop out into the palm *of your hand*.

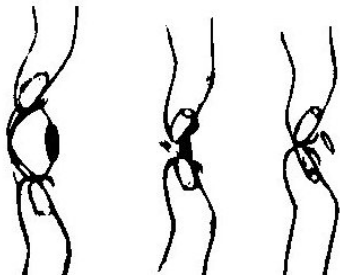
Blink Method



OR

Method 2: Two-Finger

Two-Finger Method



1. Hold your eye **WIDE** open. Place one finger on the very edge of your upper lid and the finger of the *other* hand on the very edge of your lower lid.
2. Push your upper and lower lid against the eye, *making sure that you are not pulling the lids away*. Press against your eye and then slide your fingers together.
3. Keep your fingers in a straight line up and down; otherwise when you close your eye the lens will go towards one of the corners of your eye.
4. If the lens de-centers onto the white part of your eye, it must be re-centered before repeating the removal procedure.
5. Maintaining pressure on your lids, bring your two fingers together in a hard blinking motion.

Frequently Asked Questions

◆ **What should I bring with me during each GVSS visit?**

You must bring all of your GVSS retainer lenses and solutions to each visit. *Your lenses should be clean and ready to be checked.*

◆ **What do I do if I break or lose a retainer lens?**

Don't panic! This is very common during the first few months of wearing the lenses. **DO NOT DISPOSE OF THE PIECES.** For the fastest response, email us at EyeProfessionals@aol.com or leave a message 609-581-5788 x 315.

◆ **What if I have a question before my next appointment?**

One of the services we're most proud of is the accessibility all our GVSS patients have to our doctors. You can email us at EyeProfessionals@aol.com or by telephone at 609-581-5788 X 315. If have a medical question, call our private cell numbers. We also have an emergency phone number, 609-581-5755. The doctor "on call" will be notified with your message.

◆ **What do I do if I can't see the board?**

It takes up to two weeks for your vision to improve. If you have a problem seeing the board, you can wear an older pair of glasses. Also, you can print a letter from our website: www.GentleVisionShaping.com under the tab labeled: *"Information for Current Patients"* asking your teacher to allow you to sit in the front of the classroom.

◆ **What should I expect my first week?**

You will feel the lenses in your eyes when they are open, this is normal and will last about 3 weeks. Your vision will also not last the entire day the first few days after removing your retainer lenses. However, you will see an immediate improvement in your vision during the day, without eyeglasses on!