

Instructions for soft contact lens wearers

BEFORE STARTING

- Always wash your hands before handling the lenses.
- Get into the habit of working with one lens at a time, so that they are not mixed up.
- Is it the right way out? To make sure, sit the lens on your finger and view from the side (Fig. 11.1). If the edge tends to go outwards, the lens is inside out.
- A drop of multipurpose solution can be placed on the lens before starting as this may aid easier insertion.

INSERTION

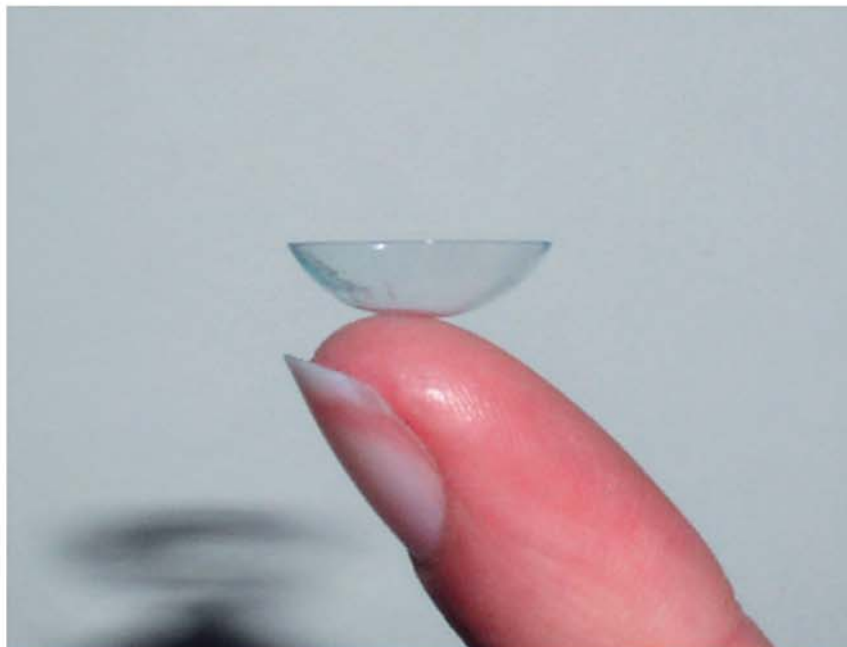
- With the lens on the index finger, use the middle finger(s) of the other hand to pull up the upper lid.
- Use the other hand to pull down the lower lid.
- Place the lens centrally on the eye (Fig. 11.2).
- Look down to position the lens properly. Remove the index finger and gently let go of the eyelid.

IF THE LENS IS UNCOMFORTABLE

- Look in the mirror and gently place a finger on the edge of the lens.
- Slowly slide the lens away from your nose while looking in the opposite direction (Fig. 11.3).
- Slide the lens right off, onto the white part of the eye and then back on.
- If it is still uncomfortable, remove the lens, clean it and start again. If discomfort persists, remove the lens and consult your eye-care practitioner.

LENS REMOVAL

- Look up, and pull down the lower lid with your middle finger. Hold the top lid up with the other hand.
- Slide the lens onto the white of the eye below the cornea.



Checking a soft lens profile for the correct way out



Soft lens insertion. Note how both lids are held apart



Gently folding and pinching a soft lens to remove it



Sliding a soft lens off-centre to release a foreign body



Soft lens removal without holding the upper lid

- Pinch the lens lightly between the thumb and index finger. Lift it gently off the eye (Fig. 11.4). With practice the lens can be slid onto the lower sclera and gently pinched out without the need to hold the upper lid (Fig. 11.5).
- Alternatively, use the ends of the fingers to pull the lids wide apart vertically. Then push the lid edges firmly together to scoop the lens out (Fig. 11.6).
- Clean the lens according to your care system and put it away before you remove and clean the other lens.

- Turn the lens over and clean the other side.
- Rinse both sides of the lens in the palm of your hand with a steady stream of multipurpose solution.
- If you prefer to not rub your lens to clean, it must be rinsed in a steady stream of solution for at least 10 seconds.
- Fill each lens well two-thirds full with multipurpose solution and place in the correct lens well. Twist the cap on until finger tight.
- Repeat these steps with the left lens, and leave to soak for at least 4 hours.

REMEMBER! – CLEAN – RINSE – DISINFECT

Caring for your lenses

CLEANING

- After removing the right lens from your eye, place it in the palm of the hand.
- Add three drops of multipurpose solution (or soft lens cleaner).
- Supporting the lens on your index finger, rub the lens gently for about 10 seconds.

Special hints and warnings

LISTEN TO YOUR PRACTITIONER

- Dispose of the lenses every month or as advised.
- Be sure to use the lens products recommended to you by your practitioner. Follow the instructions carefully.
- Do not substitute products without checking.
- Make sure you keep your after-care appointments. These are essential to ensure long-term safety of your eyes.

(a)



(b)



(a) Scissor removal of a soft lens showing the lid positions; (b) showing the lids scooping the lens out

DRY EYES

Your soft contact lenses may dry out slightly in dry, air-conditioned buildings or when you blink less often (e.g. when using a computer).

- Soft lens rewetting agents can be used to help rewet the lenses and relieve discomfort.
- If you find yourself using a lubricant frequently, contact your eye-care practitioner for advice.

CASE CARE

The lens case also needs regular cleaning. After a while the bacteria in cases can produce a biofilm (bacterial 'slime'). Biofilm can allow bacteria to survive your cleaning routine, increasing the risk of eye infections.

To reduce any risk:

- Rinse the used solution from the case daily using fresh multipurpose solution, shake it to dry and leave with the caps off while wearing the lenses.
- Digitally (or with a soft, clean toothbrush) clean your case weekly with multipurpose solution. Let the case dry in air.
- Alternatively, pour boiling water over the open case once a week. Check first that the case material is suitable for this.
- Replace your lens case every 1–3 months.

COSMETICS

- Always insert lenses before applying make-up or using a moisturizer. Use a water-resistant mascara to reduce flaking and smudging. Waterproof mascara is oil-based and may cause eye irritation.
- Never use saliva to thin a cosmetic product or to rewet a lens – this could lead to serious eye infection.
- Close your eyes when using aerosols, and leave the room as soon as you have finished spraying.

SORENESS AND IRRITATION

- If you experience any redness, itchiness, soreness, blurred vision or excessive tearing that persists while wearing the lenses, remove them and consult your eye-care practitioner.
- Keep the lenses wet at all times. When not worn, store in the carrying case.
- Replace lenses as advised. Old lenses can be uncomfortable to wear and may reduce the amount of oxygen getting to the eye.
- Unless stated on the bottle, eye medication or eye drops should not be used while wearing your lenses. Wait at least 15 minutes after using the drops before putting the lenses on your eyes.

EMERGENCIES

In case of any emergency, our phone numbers are:

Office numbers:

Other contact numbers:

If we are unobtainable, you should report to the Accident or Emergency Department of your local hospital.