

## Hygiene

Cleanliness is the first and most important aspect of contact lens care.

Establish a routine of good hygiene for handling your lenses.

- Always wash your hands thoroughly with mild soap, rinse carefully and dry with a lint free towel before touching your lenses.
- Do not use oily cosmetics, soaps containing cold cream, lotions, or creams before handling your lenses. It is best to insert your lenses before putting on make-up. Water-based cosmetics are less likely to damage lenses than oil-based products.
- Keep your eyes closed when using hairspray or other aerosols.
- Always follow instructions given to you by your optometrist
- Never wear lenses longer than the period prescribed.
- NEVER USE TAP WATER

## Insertion of contact lenses

Before inserting a lens, check to ensure the lens is free from any nicks or tears. If it appears damaged, throw it away and use the next lens.

Check the lens has not turned inside out.

Insert the lens as instructed. If you have difficulties your optometrist can provide an alternative.

## Removal of contact lenses

Always ensure the lens is on the middle of the eye before attempting removal.

Remove the lens by looking up and sliding the lens down to the white of your eye using your forefinger. Gently pinch the lens between your thumb and forefinger and remove the lens.

## Running out of lenses

It is important to ensure you always have an adequate supply of replacement lenses.

**To avoid running out order your lenses 1 week in advance by phoning us on 01279 757767.**

If you do run out for any reason you should wear your spectacles. Although contact lenses may be your preferred method of vision correction it is important to have back up spectacles.

## Safety Check

You should conduct a simple self-examination at least once a day.

Ask yourself:

- How do the lenses feel on my eyes?
- How do my eyes look?
- Do I continue to see well?

You should remove your lenses immediately if you experience ANY form of discomfort or vision blur.

Inspect the lens for damage or debris. If damaged then discard the lens and insert a fresh one. If debris is present use suitable contact lens solution to dislodge this.

If the problem continues seek advice from your optometrist immediately by phoning 01279 757767.

Any signs of discomfort can indicate a serious condition such as infection or corneal ulcer. Prompt diagnosis and treatment is essential to avoid serious damage to your eyes.

**REMEMBER – SYMPTOMS ARE WARNING SIGNS.  
IF IN DOUBT TAKE THEM OUT**

## Summary Overview

- Always follow instructions given to you for safe lens wear
- Hygiene is paramount for safe lens wear.
- NEVER sleep in your lenses.
- NEVER use tap water with your lenses.
- NEVER wear lenses longer than prescribed.
- Always consult your optometrist if you have any concerns with your eyes or lenses.

For maximum benefit and performance it is vital that you recognise how important it is to follow these guidelines.

## Wearing Schedule

Wear your first pair of lenses for no more

than.....hours. Increase daily by .....hours upto

a maximum of .....hours.

Ensure you have at least a 24 hour break from your lenses once a week.