

# Soft contact lens

## Information for patients from the Contact Lens Service

Congratulations on successfully completing your contact lens tuition session. We hope that you will have many years of trouble free lens wear ahead of you. In order for this to be the case, please make sure that you understand and follow the advice you have been given. For your convenience, we have summarised this advice below.

### How do I clean and care for my lenses?

To minimise the risk of serious eye infections, you must regularly and carefully clean your lenses after removing them from your eyes. Good hygiene is important.

- Before touching your lenses, always make sure that you have thoroughly washed and dried your hands. Make sure that your hands are free of such things as creams, perfumes, and nicotine.
- We advise that you handle your lenses over a flat clean surface, to avoid losing or damaging them.
- It is sensible to avoid handling the edges of your lenses as these can be particularly fragile. Try not to unnecessarily bend or squeeze your lenses between your fingers.
- If you drop a lens on the floor, stay still and find it before you move as lenses do not usually survive being stepped on.
- Always rinse your lenses with cleaning solution if you have dropped them, to clean off any dust or debris the lens may have collected. **Do not use water to clean or store your lenses**, as this carries a high risk of infections such as acanthamoeba (an infection of the cornea).

**Remember, if in doubt take your lenses out and  
Email: [ekh-tr.contactlensservice@nhs.net](mailto:ekh-tr.contactlensservice@nhs.net) or  
Telephone: 01227 86 86 15**



## How do I clean my lens?

1. Fill the contact lens container with the cleaning solution.
2. Place the lens on the palm of your hand and wet the lens with a few drops of solution.
3. Carefully rub the lens for 20 to 30 seconds between the flat of your forefinger and palm.
4. Rinse the lens on the palm of your hand with some more solution and then place it into the case. It is a good idea to always work with one lens at a time in order to avoid mix ups.

## How do I store my lenses?

- Keep your lens case closed until you are ready to wear your lenses.
- If your lenses are stored in the case for over seven days, clean and disinfect again before wearing.
- After use, rinse the case with saline and allow to air dry. Do not use water, soap, or detergent to clean your case.
- You must replace your lens case at least every three months.

## How do I insert my lenses?

1. Remove one lens from its case and place it on the tip of your forefinger of your dominant hand (for example if you are right handed your dominant hand will be your right hand).
2. Before insertion, it is important to check that the lens is not 'inside out'. With the lens on your fingertip, concave surface uppermost, look at the lens profile. If the surface forms a smooth and continuous curve the lens is the correct way around. If the surface bends out slightly at the edges then it is 'inside out' and should be gently turned inside out again.
3. Keeping your head still, gently look down and pull back the edge of your upper lid firmly using a finger from your other hand. The lid should be gripped at the eyelashes to prevent your natural instinct to blink during insertion.
4. Looking straight ahead into a mirror, pull down the edge of your lower lid with your second finger of the hand holding the lens (figure 1).
5. Gently place the lens onto your cornea (the clear part of the eye in front of the pupil) (figure 2).
6. Take your forefinger away from your eye and release the lower lid and then the upper lid. Repeat this procedure for your other eye.



Figure 1

## How do I remove my lenses?

### Method 1

- Make sure the lens is centred over your cornea, then tip your chin downwards.
- Hold your upper and lower lids apart, see **How do I insert my lenses?** on the previous page.
- Place the index finger of your lower hand onto the centre of the lens (figure 1).
- Look upwards and slide the lens down onto the white part of your eye and then down onto the lower eyelid with the forefinger of the same hand (figure 2). The lens should fold up and flop out at the lower lid margin.

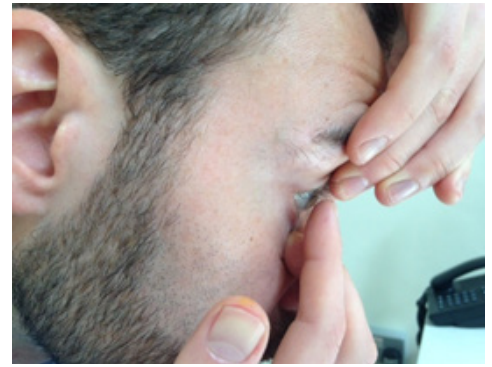


Figure 2

### Method 2

- Make sure the lens is centred over your cornea. Hold your upper and lower lids apart, see **How do I insert my lenses?** on the previous page.
- For the right eye, turn your head to the right and look over your nose into a mirror. Place your lower index finger onto the lens (figure 2). Slide the lens off your cornea, with the forefinger of your right hand, towards your ear and onto the white part of your eye (figure 4).
- Grasp the lens between your forefinger and thumb. The lens needs to be grasped firmly between the flat of your forefinger and thumb and not between your fingernails (figure 5).
- Repeat with the left eye, but this time turn your head to the left.

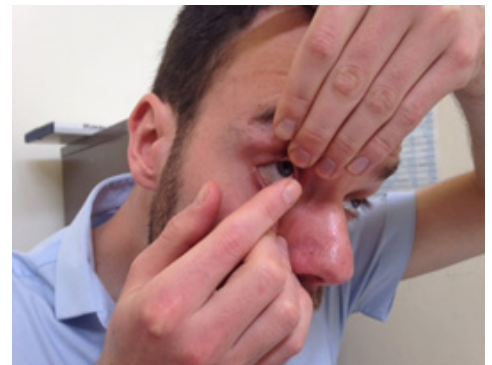


Figure 3



Figure 4



Figure 5

## How often can I wear my lens?

Your eyes have to adapt to the contact lenses and you should have been advised on your wearing schedule. **It is important to follow this carefully.** You must never wear your contact lenses for longer than has been recommended, as this may damage your eyes. If you are unable to wear your lenses on any particular day, you must reduce the wearing time on the following day. If in doubt ask our advice.

## My eyes are sore, is this normal?

While you are getting used to wearing your lenses, it is normal to experience some slight discomfort and difficulties with your vision, such as excessive tearing, blinking too much, itching, burning, and stinging of the eyes, and a dislike of bright lights. These symptoms will slowly get better over time and most patients experience comfortable lens wear.

Avoid wearing your lenses in dusty, smoky, or dry places. If your eyes are painful or red or if you are at all worried take your lenses out and contact us.

## Will I need a follow-up appointment?

Now that you have been fitted, it is important for the health of your eyes to return for regular contact lens aftercare checks as recommended by us. If you are unable to come to any of your appointments, you are strongly advised to book another appointment as soon as possible.

## Frequently asked questions

- **Can a contact lens go behind your eye?**

No. A lens may move under your eyelids but it cannot go any further.

- **Can I use boiled or salt water to clean and store my lenses?**

Absolutely not. Only use the solutions recommended. Make sure that they are discarded 90 days after opening.

- **Do I still need to see my local optometrist?**

Yes. Contact lens aftercare appointments review lens wear and the front of your eyes, but your local optometrist will check the general health of your eyes and specifically the back of your eyes.

Also you will need to keep a pair of glasses for when you are not able to wear lenses. Your local optometrist will make sure these are up to date.

- **Can I wear make-up whilst wearing contact lenses?**

Yes, but please be careful not to allow particles of make-up into your eye. Particular care should be taken with eye liner and mascara containing fibres for lengthening or thickening the eye lashes.

- **Can I sleep in the lenses?**

No. This will increase your risk of getting an eye infection.

- **How much do contact lenses cost?**

The current NHS charge per contact lens is £57.

## Further information

If you have any questions or concerns, please call the Contact Lens Service on 01227 86 86 15 or via email [ekh-tr.contactlensservice@nhs.net](mailto:ekh-tr.contactlensservice@nhs.net)

## Useful web link

- **Moorfields Eye Hospital**

Web: [www.moorfields.nhs.uk/content/contact-lens-insertion-removal-and-care](http://www.moorfields.nhs.uk/content/contact-lens-insertion-removal-and-care)

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**This leaflet has been produced with and for patients**

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**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

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**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhufft.nhs.uk/patientinformation](http://www.ekhufft.nhs.uk/patientinformation)