

Information for Patients

Daily Wear Soft Contact Lens Wearers

Helpful guidance and tips for patients

It is essential to follow these written instructions as well as advice from your eye specialist. All contact lenses carry a small increased risk of eye infections; good hygiene and regular check-ups will reduce this risk.

What are soft contact lenses?

Soft contact lenses are made from a spongy material with a high content of water. They can correct a variety of prescriptions, but may not correct vision as well as hard lenses. Depending on their design, soft lenses are either replaced daily, 2 weekly, monthly, 3 monthly or 12 monthly.

Hygiene

- Thoroughly wash your hands with soap then dry them before handling the lenses. This reduces the risk of eye infections caused by tap water and dirt.
- Keep your nails short and clean to reduce risk of damaging and contaminating the lenses.

Lens care

Recommended Solutions _____

- Clean and disinfect your lenses daily and anytime you take them out. Follow the instructions enclosed in the pack of contact lens solution, taking care not to miss any steps.

- Rub and rinse each lens, then place in the correct side of the case and cover completely with fresh storage solution.
- Ensure that the case lid is closed when storing lenses.
- The next time you use the lenses empty out the storage solution and leave the case to air dry on clean tissue.
- Follow the instructions on re-cleaning if not wearing lenses for several days.
- Do not re-use solution that has been stagnant in the lens case (called topping up).
- Never use tap water to clean lenses.
- Clean the lens case weekly with contact lens solution.
- Replace the lens case when you open a new bottle of solution (at least every three months).
- Do not change or add any solutions without consulting the Contact Lens department.
- Daily disposable lenses are neither cleaned nor re-used; they must be thrown away after one use.

Inserting lenses

(see <https://www.youtube.com/watch?v=ZJlhZkmJqwA&feature=youtu.be>)
Video by Moorfields Eye Hospital

- Check that the lens has no damage. Do not insert the lens if it is chipped, torn or split.
- Wet the lens on both sides with contact lens solution.
- Hold the upper lid near the lashes with one hand and the lower lid with the other hand.
- Gently place the lens on the centre of your eye with your finger.
- Occasionally a soft contact lens may feel uncomfortable. If so, gently slide the lens to the white of the eye and back onto the front. If this does not help, remove the lens, clean it and put it back in if it is not damaged.

Removing soft lenses

Use one of two methods to remove the lens:

- Use a finger to lower the lid and the index finger to slide the lens down to the white of the eye. Pinch the lens off gently with the index finger and thumb.

- Place a finger of one hand on the upper eyelid at the top of the lens and a finger of the other hand on the lower eyelid at the bottom of the lens. Press onto the white of the eye and bring your fingers gently together to remove the lens.

If you wear make-up

- Apply non-greasy make-up and cream after inserting the lenses.
- Keep eyes closed if applying hair spray or make-up fixer.
- Remove the lenses before removing make-up.

Eye care

- Never swim, shower or use a hot tub or sauna whilst wearing your lenses.
- Never share or swap contact lenses with anyone else.
- Never sleep in your lenses, unless they are specifically designed for overnight wear and your Optometrist has explicitly advised you to do so.
- Make sure that your Optometrist is aware of any medication that you may be using, or that you have started using since your last appointment.

Daily check

- Can you see clearly?
- Are your eyes red?
- Are your lenses comfortable? If your eyes feel tired, remove the lenses early. Do not continue to wear contact lenses that are uncomfortable; please contact the Contact Lens Department for advice.
- Stop wearing your lenses immediately if you develop a red or painful eye.

For emergencies telephone:

- **(0161) 276 5597** for the Emergency Eye Department (Monday-Sunday 8.00 am to 8.00 pm).
- Ward 55 on (0161) 276 5512, available 24 hours a day, if at any time you are unable to contact a member of staff in the Emergency Eye Department.

Initial wearing schedule

It is important to build up your wearing time gradually. The following schedule is recommended:

Start with _____ hours, increasing by _____ hour(s) to a maximum wearing time of _____ hours (this may be adjusted at your aftercare).

Contact details

- Please contact us if you are unsure about the comfort or vision in your lenses or if you lose or damage a lens and need a replacement.
 - Voicemail **(0161) 276 5535** (leave a message including your name and number)
 - E-mail contact.lenses@mft.nhs.uk.
 - Our voicemail and email is checked every weekday.
- Please call the appointments line on **(0161) 276 5533 Monday – Friday 9.00am – 4.00 pm** to book or rearrange an appointment. Attending aftercare appointments is essential for maintaining the health of your eyes. Your contact lenses cannot be replaced unless you have been seen in the last 12 months.