

## Information for Patients

# Use and Care of Cosmetic Shell

**It is very important to wash your hands thoroughly before inserting or removing the cosmetic shell.**

### Insertion

1. Wash hands thoroughly.
2. Look downwards.
3. Lift upper eyelid and gently push cosmetic shell upwards under upper eyelid and hold cosmetic shell in position.
4. Look straight ahead and position the lower eyelid over the lower edge of the cosmetic shell.

### Removal

Using the plastic extractor provided remove the cosmetic shell using the following procedure:

1. Wash hands thoroughly.
2. Touch cosmetic shell with extractor tip.
3. Push lower eyelid down with extractor tip until the tip is beneath the bottom edge of the cosmetic shell.
4. Look upwards as the handle of the extractor is brought downwards until nearly flat to the cheek.
5. Look downwards and the cosmetic shell is normally expelled.

## Cleaning

A cleaner for hard contact lenses should be used to clean the shell before re-inserting (it is **NOT** recommended that hand soap or washing up liquid are used as cleaners).

The cleaning procedure is as follows:

1. Wash hands thoroughly.
2. Remove cosmetic shell and place it on palm of hand.
3. Put a few drops of hard contact lens solution onto the cosmetic shell and gently rub over all surfaces.
4. Rinse the cosmetic shell thoroughly according to manufacturer's instructions.
5. The cosmetic shell is now ready to be re-inserted.

## General Points

The cosmetic shell should be removed and cleaned at least once a day. Wearing time will be advised by your ocularist.

Remove cosmetic shell before sleeping.

If dropped the cosmetic shell is unlikely to break, however, to minimise the risk of scratching or fracture, great care must be taken when inserting and removing the cosmetic shell. It is recommended that the cosmetic shell should be checked and polished every year.

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Monday – Friday 9.00 am – 4.00 pm

Answer phone available outside of these hours.