

Rigid gas permeable 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 do drop a lens, place some cleaning solution on your fingertip and gently touch the lens and it should pick up on your finger. 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.

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



How do I clean my lenses?

1. Place each lens in turn on the palm of your hand and wet the lens with about three drops of cleaning solution. Carefully rub it for 20 to 30 seconds between the flat of your forefinger and palm, allowing the cleaning solution to lather.
2. After cleaning, rinse off the cleaning solution with saline solution. Make sure that the cleaning solution is completely rinsed off, otherwise it will cause your eyes to sting. **Do not use water to clean or store your lenses**; this carries a high risk of infections such as acanthamoeba (an infection of the cornea).
3. Place the lens in the appropriate storage clip of the lens container - the left lens should be placed in the capped clip marked with L, the right lens in the capped clip marked R. It is a good idea to always work with one lens at a time in order to avoid mix ups.
4. Fill the case with fresh cleaning solution and leave the lenses to soak.

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 some cleaning solution on the inner lens surface. The lens should be placed on the tip of the forefinger of your dominant hand (for example if you are right handed your dominant hand will be your right hand).
2. Keeping your head still, gently look down and pull back the edge of your upper lid firmly using a finger from your other hand. Make sure you grip the lid at the eyelashes to prevent your natural instinct to blink during insertion.
3. Looking straight ahead into the mirror, pull down the edge of your lower lid with the second finger of the hand holding the lens (figure 1).
4. Gently place the lens onto the cornea (the clear part of the eye in front of the pupil) (figure 2).
5. Take your forefinger away from your eye and release the lower lid and then the upper lid. Repeat this procedure for the other eye.



Figure 1

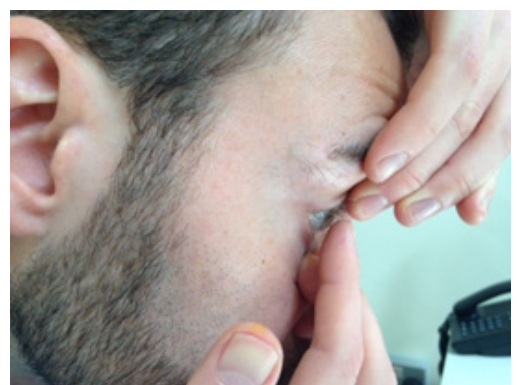


Figure 2

How do I remove my lenses?

Method 1

- Looking straight ahead into a mirror, stare as wide as you can, so that your eyelids are wide enough to see the lens edge. Place the forefinger of each hand at the edges of your upper and lower lid above and below the lens respectively, as near to the eyelashes as possible (figure 3).
- Push your upper lid down and your lower lid up trapping the edges of the lens. As you press the lids together the lens should pop out of your eye (figure 4).

If this does not work, start again but make sure your eye is wider open, as you have missed the edge of the contact lens.

- Repeat with the second lens.



Figure 3



Figure 4

Method 2

- Stare as wide as in method 1.
- Place the forefinger of one hand at the outer corner of your eye.
- Move or pull your finger gently towards the top of your ear. At the same time, look in towards the top of your nose and blink once. Your lid edges should push against the edges of the contact lens popping it out of your eye (figure 5).



Figure 5

Occasionally, your lenses may move onto the white part of your eye. If this happens, re-centre the lenses by moving the lens with the edge of your eyelid.

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Telephone: 01227 86 86 15**

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

Useful web link

- **Moorfields Eye Hospital**

Web: www.moorfields.nhs.uk/content/contact-lens-insertion-removal-and-care

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This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

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

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation