Patient information – contact lens service

Care of your scleral contact lenses

Please read all of the instructions carefully

As with all contact lenses, hygiene procedures are essential. The surface of gas-permeable scleral lenses is subject to deterioration with use and handling. Polishing is not always feasible, so please take care in order to maintain the surface of the lens for the maximum time possible.

- Always wash and dry your hands thoroughly before inserting or removing your lenses
- Take care not to catch the lens or your eye with your fingernails – keep them short
- Work over a clean, flat surface
- Use saline solution to rinse your lenses and case – do NOT rinse them with tap water as this can cause eye infections
- To minimise the possibility of mixing your lenses up, it is a good idea to get into the habit of always inserting and removing the same lens first
- Do not shower/bath in your lenses
- Do no sleep in your contact lenses unless you have been advised to by your contact lens practitioner
- It is not recommended to swim with your contact lenses in due to the risk of infection from the water – prescription swimming goggles may be available, but please discuss this with your contact lens practitioner as other options may also be available

Lens removal

After you remove the contact lens from your eye, you must clean it before putting it into the storage case to remove the microbes and deposits that have built up on the lens during the day.

- Look down, but keep your chin upwards
- Take your upper lid on the side nearest your nose with your index finger so that the lid is above the upper rim of the lens (fig 1)
- Press downwards, then tighten the lid by drawing your finger towards the temple. This action will push the lid underneath the edge of the lens, relieving the suction. Keep pulling towards your temple to eject the lens from your eye and catch it with your other hand, or do this over a table covered with a towel to prevent the lens from falling onto the floor
- Alternatively, use the suction holder as directed (fig 2)

![Fig 1](image1.png) ![Fig 2](image2.png)

**Lens cleaning**

Always use the care system recommended to you in the clinic.

- Once the lens is removed from your eye, rinse the lens with saline
- Apply your contact lens cleaning solution (Oté cleaner or recommended alternative) to the front and back surfaces, while gently rubbing between your fingers
- Rinse again with saline until all of the cleaning solution is removed
- Dab dry with a clean, soft tissue
- Once dry, store in the case provided taking care not to introduce any water or residual cleaning solution into the case

**Lens insertion**

You need to use your sense of touch rather than sight to insert this kind of lens. A mirror is of little value as you need to look down when inserting the lens.

- Remove the lens from the case and rinse with saline solution (or alternative, as recommended by your contact lens practitioner)
- Fill the lens with Amidose saline (or alternative unpreserved sterile saline) (fig 3)
- Hold the scleral lens between your thumb and forefinger
- Lean forward so that your face is parallel to the floor and look as far as possible towards your chin (fig 4) to prevent spilling the saline
- Draw your upper lid upwards with the index finger of your upper hand
- Slide the lens under your upper lid being careful to maintain your gaze towards your chin
When the lens is under your upper lid, physically close your top lid over the lens with your other hand and simultaneously let go of the scleral lens, still holding your top lid over the lens. You can then pull your lower lid over the lens with your free hand (fig 5). When the lens is in place under both lids, look up slowly – you might hear a click or squelch as the lens drops into place.

**Contacts lens case hygiene**

- Eye infections can occur due to poor lens case cleaning. The rubber insert in the lens case should be removed and scrubbed with a dedicated clean toothbrush on a weekly basis with saline or cooled boiled water and then left to air dry. Do **not** use soap in case it is not fully rinsed away.
- The lens case should be replaced at least every six months.
- If you have a foam-based inner in your case this should be replaced every three months.

**Remember**, a contact lens **cannot** go behind the eye. If you cannot relocate the lens, seek the advice of a member of the contact lens clinic or a local contact lens practitioner (optometrist or ophthalmologist).

If you wear make-up, you should insert your lenses **before** putting on your make-up and remove them **before** taking your make-up off.

It is vital that you keep your contact lens & eye exam appointments to maintain the health of your eyes.

**Contact details**

If you have any queries about the care of your contact lenses, please contact the contact lens clinic on **020 7566 2100**.

Sometimes, you might need to remove the lens and reinsert it. If so, rinse the surface with Amidose or AMO Lens Plus saline prior to reinsertion. Multi-purpose soft contact lens solutions can be used at this stage as they have some cleaning properties. Quattro has a licence for use with rigid lenses as well as soft lenses and can be used for this purpose.

You may have been advised to use a different method to insert and remove your lenses. If so, please follow the instructions from the clinic.
In an emergency, contact Moorfields’ specialist A&E or your local A&E department if you have an eye problem.

When to seek advice
If you experience pain, redness or loss of vision, you should telephone Moorfields Eye Hospital Direct for advice on 020 7566 2345 or attend your local A&E department or the Moorfields 24/7 A&E department which is open for emergency eye problems only for a further examination. Please do not wear your lens.

Patient advice and liaison service (PALS)
Tel: 020 7566 2324 or 020 7566 2325
Email: pals@moorfields.nhs.uk
Moorfields’ PALS team can provide confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks
Under the NHS constitution, all patients have the right to start their consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further – see above for contact details. For more information about your rights under the NHS constitution, please visit www.nhs.uk/choiceinthenhs.

Moorfields Direct advice line
Tel: 020 7566 2345
Monday–Friday, 9am–4.30pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.