

Care of your hybrid contact lenses

inserting and removing the same lens first.

- Use the care system or the correct cleaning solutions recommended to you in the clinic.

Please remember not to do any of the following:

- Do not rinse your lenses and case with tap water as this can increase the risk of eye infections.
 - Never shower or bath with your lenses in.
 - Do not sleep with your lenses in
 - Avoid swimming with your contact lenses in. This is due to the risk of infection from the water.
- Prescription swimming goggles and other options may be available. We advise you discuss this with your contact lens practitioner.

How can I best take care of my contact lenses?

- 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 – it is good practice to keep them short.
- Work over a clean, flat surface.
- Use saline solution to rinse your lenses and case.
- To minimise the possibility of mixing your lenses up, it is a good idea to get into the habit of always

Before inserting your contact lenses

1. Remove the lens from the storage case and make sure it is not damaged, particularly checking the edges for any signs of damage; check too that there are no deposits on the lens.

2. Rinse your lenses with sterile saline or Opti-Free Replenish before you insert them into your eyes.

Inserting your contact lenses

1. Using your preferred hand, hold your thumb, index and middle finger together to form a 'tripod'. Place the lens on top of this tripod (as shown on figure 1 below).



Figure 1

Alternatively, you can place the lens onto a DMV device, which can be held between your thumb and index finger (as shown on figure 2 below).



Figure 2

2. Fill the lens with preservative-free saline (Amidose, AMO Lens Plus Saline).
3. Lean forward and look down at the floor. Sometimes it's helpful to place a mirror flat on the counter to look into as you insert the lens.
4. Pull your upper lid up using the middle finger of the other hand. Maintain a firm hold of the upper eyelid to prevent blinking.
5. Pull down the lower lid using your ring finger of the hand holding the lens.
6. Gently place the lens on your eye while firmly holding both eyelids in position (see figures 3a and 3b below). Try to keep both eyes open without blinking. It is very important not to push the lens too forcefully onto the eye.



Figure 3a



Figure 3b

7. Let go of your **lower** eyelid first and then gently close your **top** eyelid.
8. Once the lens is on your eye, close your eyes slowly and blink a few times. Check the lens on your eye using a mirror to ensure there are no air bubbles under the lens. If there are bubbles present you will need to remove and re-insert the lens.
9. If you wear a lens in the other eye, repeat steps 1-7 for the second lens. Throw away the solution from your case, rinse it with saline solution or Opti-Free Replenish and leave it upside down on a clean surface to air dry.

If you have been advised in clinic to use a different method to insert your lenses, please ensure you follow those recommended instructions.

Removing your contact lenses

After you remove the contact lens from your eye, it must be cleaned before it is

put into the storage case to remove the microbes and deposits that have built up on the lens during the day.

Removal method one

(Please note this method should not be used for the 'Cantor Hybrid' lens)

1. Draw the upper eyelid up with the fingers of your non-preferred hand.
2. Pull the lower lid down with the middle finger of your preferred hand. With dry fingers (of the same hand), place your thumb and index finger at the bottom of the soft skirt at the 5 & 7 o'clock position (see figure 4 below).



Figure 4

3. To remove the lens, gently pinch the soft skirt with your thumb and index finger (never with your nails). Keeping the pads of your fingers together as you pinch, apply a firm enough pinch to cause bottom edge of lens to buckle thus allowing air to get beneath soft skirt to release lens from surface of eye.

4. Hold the pinch for a count of 2 and slowly lift the lens away from your eye.

Removal method two – with a suction holder

1. Draw the upper eyelid up with the fingers of your non-preferred hand.
2. Pull the lower lid down with the middle finger of your preferred hand - place the suction holder on the soft skirt of the lens and the edge of the RGP lens (see figure 5 opposite). It is imperative that the suction holder is not placed directly onto the surface of the eye.



Figure 5

3. Pull gently away from the eye to remove the lens.
4. Remove the suction holder from the lens by gently sliding it off.

Removal method three

1. Draw the upper eyelid up with the fingers of your non-preferred hand and hold the eyelid directly against the eyeball.

2. Look straight ahead and press the edge of your lower eyelid against the eyeball beneath the contact lens to release the suction (see figure 6 below). Gently lift the lens away from the eye.



Figure 6

If you have been advised in clinic to use a different method to remove your lenses, please ensure you follow those recommended instructions.

Cleaning your contact lenses

If you have been advised in clinic to use a different method to clean your lenses, ensure you follow those recommended instructions.

1. Place the lens into the palm of your hand and put two or three drops of the **cleaning** solution (Oté cleaner) onto the lens.
2. Rub the lens gently but firmly with the little finger of your other hand for approximately thirty seconds.
3. After rubbing the lens, it is essential to rinse it with saline solution or Opti- Free Replenish. Do not rub the lens between your thumb and

forefinger as this can damage the hybrid lens.

4. Fill the storage case with fresh Opti- Free Replenish solution and place the lens into the correct side of the storage case. Please note: this solution **must** be changed on a daily basis.
5. If you wear a lens in the other eye, repeat the steps above. Leave your contact lenses in the closed case to soak overnight or for a **minimum** of four hours.

Cleaning your contact lenses case

Eye infections can happen due to not cleaning your contact lens case properly. Once you have put your lenses in, throw away the solution from your case, rinse it with saline solution or Opti-Free Replenish and leave to air dry. Replace your contact lens case with a new one every month.

Blinking

Blinking correctly is very important while wearing contact lenses. After inserting your contact lenses, a few gentle blinks should make the lenses feel more comfortable. You should look straight ahead and completely close both eyes slowly and gently, and then re-open after a slight pause. For the first few days of contact lens wear, you should ideally aim for 30 to 40 blinks per minute.

Remember:

- A contact lens **cannot** go behind your eye. If you cannot

find the lens in your eye, see a member of the **contact lens clinic staff** or your local **contact lens practitioner** (optometrist or ophthalmologist).

- If you wear make-up, insert your lenses **before** putting on your make-up and remove them **before** taking your make-up off.
- To keep your eyes in good health, make sure that you regularly attend your contact lens and eye exam appointments.

In the case of an emergency

If your eye suddenly becomes red, painful or your vision worsens, go to Moorfields A&E department in City Road (open 24/7 for emergency eye problems only). Please make sure you do not wear your lens.

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Moorfields Eye Hospital NHS Foundation Trust
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline
Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm



Saturday, 9am-5pm
Information and advice on eye
conditions and treatments from
experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324 or 020 7566
2325

Email: moorfields.pals@nhs.net

Opening hours: Monday to Friday,
except bank holidays

Moorfields' PALS team provides
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 begin consultant-led
treatment within 18 weeks of being
referred by their GP. Moorfields is
committed to fulfilling this right. For
more information about your rights and
responsibilities, please visit the
Moorfields website and search
'[Referrals to treatment \(RTT\)](#)'. To learn
more about your rights under the NHS
constitution, visit
www.nhs.uk/choiceinthenhs

