Patient information – contact lens service

Care of your rigid gas permeable contact lenses

Please read all of the instructions carefully. You can also watch a video guide on lens insertion, removal and care on our YouTube channel: www.youtube.com/moorfieldseye

- 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 not 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, 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.
Method 1
- Look straight ahead and press the edge of your lower eyelid against the eyeball beneath the contact lens
- Lift your top eyelid above the contact lens and then push it down over the eyeball until the eye is shut – the lens should be pushed out and be resting between the eyelashes

Method 2
- Look straight ahead and open your eye as wide as possible
- Place your index finger at the outer corner of your eye and pull your eyelids tight over towards your ear
- Blink – the lens should come out

Method 3
- If methods 1 and 2 are unsuccessful, a suction holder may be used
- Wet the end of the suction holder with saline and place onto the contact lens. It is imperative that the suction holder is not placed directly onto the surface of the eye
- Pull gently to remove the lens from the eye
- Remove the suction holder from the lens by sliding it off
**Lens cleaning and disinfection**
Always use the care system recommended to you in the clinic.

1. Place the lens on the palm of your hand and put two or three drops of the **cleaning solution** (Boston, Total Care or Oté cleaner) onto the lens.
2. Rub the lens gently but firmly for approximately 30 seconds with the little finger of your other hand.
3. After rubbing the lens, it is essential to rinse it with **saline** solution to remove the loosened debris and any remaining cleaner. Rinse the cleaning solution off the lens by rubbing the lens between thumb and forefinger with **saline**.
4. Fill the storage case with **conditioning solution** (either Boston or Total Care) and place the lens into the correct side of the case. This conditioning solution **must** be changed on a daily basis.
5. If you wear a lens in the other eye, repeat steps 1–4.
6. Leave the lenses to soak overnight in the case.

**Lens insertion**
1. Remove the lens from the storage case.
2. Add one drop of the **conditioning solution** (Boston or Total Care). Gently rub solution over the lens so that both sides are covered.
3. Place the lens onto the index finger of your dominant hand and ensure the lens is not damaged, particularly checking the edges for nicks (fig 1); check too that there are no deposits on the lens.
4. Hold your bottom eyelid down with the middle finger of your dominant hand and lift the top eyelid up with your other hand – maintain a firm hold of the top eyelid to prevent blinking (fig 2).
5. Keep looking straight at the lens and bring it towards your eye. This will enable correct positioning of the lens towards the centre of your eye.
6. Let go of your bottom eyelid first and then gently close your top eyelid.
7. Blink slowly and gently until the lens begins to feel comfortable.
8. If you wear a lens in the other eye, repeat steps one to seven for the second lens.
9. Discard the solution from your case, rinse the case with saline and leave the case to air dry.

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.
Contact lens case hygiene

- Eye infections can occur due to poor lens case cleaning
- On insertion of your lenses you must discard the solution from your case, rinse the case with saline and leave the case to air dry
- Your contact lens case should be scrubbed with a dedicated clean toothbrush on a weekly basis with saline or cooled boiled water then left to air dry. Do NOT use soap in case it is not fully rinsed away

- Your contact lens case should be replaced at least once every three months

Blinking

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

Re-centering a displaced lens

If a lens moves onto the white of your eye, you will need to locate it and re-centre it onto the cornea:

1. Pull down the lower eyelid
2. If the lens has lodged below the cornea, hold the top eyelid then place one or two fingers onto the lower eyelid margin to gently push the lens back onto the cornea
3. If the lens is not below the cornea, then it is either under the top eyelid or it has fallen out
4. If the lens is under the top eyelid, look down to the floor and gently touch the skin of the upper eyelid to find the lens
5. Gently massage the lens down until it can be seen and then try to remove it by removal method 1 if possible. Otherwise, follow point two.

**Remember**, a contact lens **cannot** go behind your eye. If you cannot locate 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 and 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:
Phone: 020 7566 2100
(Monday–Friday, 9.00am–5.00pm)
contactlenses@moorfields.nhs.uk

**When to seek advice**
If you experience pain, redness or loss of vision, you should seek medical attention. You can call Moorfields Direct telephone helpline on **020 7566 2345**. For urgent care please visit your local A&E service.

Moorfields A&E is a 24/7 walk in service for urgent, sight-threatening problems and emergency eye treatment. Please do not wear your lens if you are experiencing pain, redness or loss of vision.

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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.