



Care of your soft contact lenses



Please read this leaflet carefully as it will instruct you on how best to take care of your soft contact lenses. For further guidance, watch our short film which is available on the Moorfields website:

<http://www.moorfields.nhs.uk/content/contact-lens-insertion-removal-and-care>

If there is anything you do not understand in this leaflet, please contact us using the details below:

Phone: 020 7566 2100, Monday–Friday, 9am– 5pm
Email: contactlenses@moorfields.nhs.uk
Visit: Clinic 4, contact lens reception desk (Monday to Friday, 9am– 4.45pm).

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 inserting and removing the same lens first.
- Use the care system recommended to you in the clinic or use the correct cleaning solutions.

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 (unless you have been advised to by your contact lens practitioner).

- 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.

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.
2. Rinse your lenses with sterile saline or Opti-Free Replenish before you insert them into your eyes.
3. Check the lens is not inside out by checking its shape. When your lens is the right way round, it is shaped like a cup (see image below), but if it is inside out, it is shaped like a saucer, with the edges facing out.



Inserting your contact lenses

1. Place the contact lens onto the tip of your index finger of your preferred hand.

2. Pull your lower lid down with the middle finger of the same hand.
3. Pull your upper lid up using the fingers of the other hand.
4. Gently place the lens on your eye while firmly holding both eyelids in position (see image below). Try to keep both eyes open without blinking.



5. Once the lens is on your eye, close your eyes slowly and blink a few times.
6. If you wear a lens in the other eye, repeat the steps above.
7. 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 and remove your lenses, ensure you follow those recommended instructions.

Removing your contact lenses



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 more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

