soft contact lenses

a guide to soft contact lens wear
Getting ready to handle your lenses

Set up everything to hand for lens insertion and removal. In a well-lit area, spread out a clean soft cloth or towel and if possible use an adjustable magnifying mirror.

Hygiene is essential

- Always start by washing and drying your hands.
- Be careful to remove all traces of anything that might contaminate lenses, such as dirt or greasy substances.

Do not insert your lenses immediately after using sprays or aerosols which may linger in the air and affect your lenses.

Keep to hand

- A clean, empty contact lens case, if necessary.
- All your cleaning solutions, if necessary.
- Unperfumed tissues.
- Your spectacles.
Inserting your lenses will soon become second nature.

Take your time - there is no need to rush.

**Inspect before you insert**

- Ensure that your hands are clean and dry.
- Get into the habit of inserting the right lens first. This will help ensure that you put the correct lens in each eye.
- Remove the contact lens from the package by gently shaking the blister pack before opening, then carefully peel back the foil lid. Place your finger on the lens and slide it up the ramp until it is free from the package.
- If the lenses have been worn before, remove the right lens from the case by opening the basket marked ‘R’ and pinching off the dome with the fleshy part of your fingertips.
inserting your lenses

Never use tweezers or other tools to remove the lenses. Always use your fingertips **not** fingernails. It doesn’t matter which finger you use to put in your lenses; try using your index finger first.

**Check the lens**
Place the lens on the tip of your finger and look at the edge curve. It should be a regular semi-circle in shape. If the lens edge has a lip it is probably inside out. You will soon find this very easy to recognise.

If the lens is inside out, place it in the palm of your hand, add a few drops of solution and gently turn the lens the right way round. (see diagram right)

Check the lens for any dust and rinse it if necessary with your solution.

If your lens is torn you should not insert it.
Start with the right eye

- Look straight ahead into the mirror and hold the upper lid eyelashes firmly against the brow with the first finger of your left hand.
- Using the middle finger of the right hand, pull the lower lid down.
- Watching in the mirror with your left eye, bring the lens toward your right eye.
- Place the lens gently over the iris, so that all the edges of the lens are in contact with the eye.
- Blink gently a couple of times to establish good vision.
- When you are sure that the lens is properly in place, repeat the procedure for your left lens.
how does it feel?

- If the lens is uncomfortable, slide it off-centre and allow it to slide back into place.
- If it is still uncomfortable, remove the lens and rinse it thoroughly with saline or a solution recommended by your optician.
- If you insert a lens that is inside out it may feel uncomfortable. Remove the lens and check the shape as described above.
- If you can’t see clearly, the lens may have fallen out when you blinked if it wasn’t properly in place. To find the lens, look first on your eyelashes or cheek, or on the cloth in front of you. Rinse the lens thoroughly with saline or a solution recommended by your optician.
- Always carry your lens case filled with fresh soaking solution or saline unless you wear daily disposable lenses. Keep your spectacles with you at all times.

Recentring

It’s unlikely a soft contact lens will slip during normal wear. If it does:

- Pull the eye lid back, put your finger on the lens and slide it towards the iris.
- If it has become folded, the lens will come out of your eye very easily.

Remember – it is impossible for the contact lens to slip behind your eye.
removing your lenses

Before removing your lenses, check:

• Are your hands clean?

• If you use a contact lens case ensure that it is clean and contains fresh solution or saline. Never use tap water.

how to remove your lenses

The simplest method of removal is to pinch the lens gently off the eye as shown in the illustration.

• Place your first finger and thumb on opposing sides of the contact lens and slide it down onto the white of the eye.

• Pinch the lens gently off the eye, taking care not to squeeze it too hard.

• If the lens surfaces stick together and it remains firmly folded, place it in the case to rehydrate it for a few minutes before attempting to unfold it. Then follow your recommended cleaning regime.
always clean your lenses

Your optician will advise you if you need to clean your contact lenses.

At Specsavers we have different regimes for cleaning contact lenses and our optician has recommended the one that is best for you and your lifestyle.

It is vital always to follow the instructions provided with your Specsavers care solutions. Not caring for your lenses properly may put the health of your eyes at risk.

If you use easyvision peroxide solution it is important to use the barrel case supplied. The case has a catalytic disc at the bottom which is essential to neutralise the solution before you wear your lenses. The case must be replaced monthly.

Only use easyvision peroxide solution if you have been shown how to do so.

If you use easyvision multipurpose solution or easyvision allpurpose solution – always RUB AND RINSE your lenses each time you take them out.

• Keep your case clean. Clean and rinse your case each week with your contact lens disinfecting solution. Never use tap water.

• Replace your lens case at the regular intervals advised by your optician or as specified in your solution instruction leaflet.

• Always keep caps on solution bottles.

• Always store your lenses in fresh solution.

• Dispose of your solution bottles as advised in the instructions for use.
always clean your lenses

**IMPORTANT** - Daily lenses are intended to be worn once and then discarded at the end of each wearing period. If you do need to rinse your lenses during a wearing period use saline solution.

If you are not replacing your lenses regularly (at least every three months) protein deposits can build up on the lenses and extra cleaning may be required. Our optician will advise you if this is necessary.

If you have any questions about your cleaning regime contact our staff for advice.

Our easycare scheme provides you with a new pair of lenses regularly (every one or three months) and for added convenience can be delivered to your door via our Lensmail service (ask in store for more details). Always throw your lenses away after the specified time.

As a new wearer it is very important to have regular aftercare checks as recommended by your optician. Our professional contact lens consultant will examine the health of your eyes and check that you are not having any problems with the lenses or solutions prescribed (if appropriate).
**important information**

**Do** return for all the aftercare visits recommended by your optician.

**Do** contact us if you have any concerns or queries, however trivial they may seem.

**Do** stop wearing your lenses if your eyes become red or sore - contact us for advice.

**Do** replace the tops of solution bottles after use.

**Do** clean your lens case regularly and allow it to air dry.

**Do** replace your lens case regularly.

**Do** throw away your lenses after the recommended period.

**Do** use fresh solution to store your lenses.

**Do** dispose of solution bottles at the recommended period.

**Do** wash and dry your hands before handling your lenses or touching your eye.

**Do** insert your lenses before applying eye make-up.
Once a day ask yourself three simple questions:

- How do my lenses/eyes feel?
- How well can I see?
- How do my eyes look?

If you are unhappy with the answer to any of these questions contact us as soon as possible.

And finally always remember the golden rule:
If in doubt, take them out.

**Do not** change your cleaning regime without contacting us for professional advice.

**Do not** wear your lenses longer than advised.

**Do not** ignore problems or discomfort with your lenses.

**Do not** handle your lenses with sharp nails as they can easily tear.

**Do not** sleep in your lenses (except when using continuous wear lenses).

**Do not** lick your lenses.

**Do not** get water in contact with your lenses or case. Ask your optician for advice about swimming and showering in contact lenses.

**Do not** wear your lenses if you are using eye drops prescribed by your doctor.

**Do not** reuse the solutions or saline in your lens case.

**Do not** hesitate to contact us if you have a problem.
For further information about contact lenses please ask in store.

Your next appointment is on:

at:  am / pm

If you have any queries or concerns before then, please contact us immediately for professional advice.

Store:

Updated SEP 2012
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