

West of England Eye Unit

Care of Soft Contact Lenses/Multipurpose solution (e.g. Quattro)

Please read carefully

1. **Always** wash and dry your hands thoroughly before inserting or removing your lenses. Keep your fingernails short.
2. Work over a clean, flat surface. Insert the plug if you are working over a sink.
3. Eye infections may occur due to poor lens case hygiene. Rub your case weekly using a clean tissue and *Multipurpose solution* and then dry with a clean tissue. Do not use soap.
4. Do not rinse your case or lenses with tap water as this can cause eye infections.
5. Remember to replace your lens case at least every 3 months.

Lens insertion

1. Remove the lens from the case and rinse with fresh Multipurpose solution
2. Ensure the lens is not damaged, particularly checking the edges for tears.
3. Ensure the lens is not inside out. When it is the correct way around the lens is shaped like a cup. If it is inside out it is saucer shaped, with edges turning out.
4. Insert the lens as directed by the optometrist.
5. If you wear two lenses, repeat steps 1 to 3 for the second lens.

6. Discard the solution from your case, rinse the case with *Multipurpose solution* and leave the case to air dry.

Lens removal

1. Remove the lens as directed by the optometrist.
2. Place the lens on the palm of your hand and add one or two drops of *Multipurpose solution* on the inside of the lens and one or two drops on your hand.
3. Rub the lens gently but positively with the little finger of your other hand. Rub each side for about 20 seconds.
4. After rubbing the lens it is essential to rinse it again with fresh *Multipurpose solution* in order to remove the loosened debris.
5. Fill the appropriate side on the contact lens case with fresh *Multipurpose solution*.
6. Place the lens inside the lens case. Take care not to catch the lens when screwing the lid down.
7. If you wear two lenses, remove the other and repeat steps 2 to 8 and leave overnight or for at least 6 hours before re wearing.

Points to Remember

1. If either eye is red, sticky, painful or uncomfortable, remove the lens. If the problem persists contact the **NHS 111 who will redirect you to the local eye triage service.**
2. **Always keep your aftercare appointments.** If the time is inconvenient please contact the **Optometry Office** on **01392 406037** to re-arrange the appointment.
3. Never wear your lenses overnight unless it has been agreed because of special circumstances.
4. Do not wear your lenses for longer than the optometrist advises. Build up your wearing time gradually. Begin with 2 hours and increase by 1 hour daily.
5. Never wear a damaged lens. If you need a replacement contact the **Optometry Department** on **01392 406037**.
6. If the lens is uncomfortable once inserted, remove, rinse with saline or Multipurpose solution and ensure again that it is not inside out or damaged.

7. If the lens sticks together after removal, immerse in saline or Multipurpose solution in the palm of your hand and gently rub to loosen the sides.
8. Always use fresh solutions daily. Always use the solutions recommended by the optometrist.
9. Avoid tap water at all costs – wash and dry hands thoroughly, and only use recommended solutions.
10. Do not touch the tip of the bottles with your finger or lens, or you may contaminate the solution. Always replace the lid on your solution bottles and keep away from direct sunlight and heat.
11. Always maintain a back up pair of glasses if possible.
12. The optometrist may advise you to use a different type of solution. This will be discussed at your aftercare appointment.
12. If you would like to use a different solution, please discuss this with the optometrist.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

© Royal Devon University Healthcare NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E (Heavitree)