

Contact Lenses Instructions for Use

Contact lenses wearing schedule

Day	Hours
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Current lens R

L

Current solutions

Maximum wearing time
hours

Next appointment

PLEASE READ CAREFULLY

Contact Lenses - DOs and DON'Ts!

Here are a few tips to help you look after your contact lenses and your eyes!

Good hygiene is essential for contact lens wearers. Following the proper guidelines for contact lens care will greatly reduce the risk of infection and damage to the eye.

DOs

- ✓ Always wash, rinse and dry your hands thoroughly before handling lenses.
- ✓ Always use the solution provided by your optician to rinse, clean, store and re-wet your lenses - (except single-use lenses, which should be discarded after each wear).
- ✓ Do attend regular contact lens check-ups and remember to bring back-up spectacles with you.
- ✓ Stick strictly to the recommended wearing schedule and replacement frequency.

- ✓ Clean your lens case daily with multi-purpose solution or boiling water and leave to air dry on a clean surface.
- ✓ Replace your lens case every three months.
- ✓ Apply hairspray before putting in your lenses.
- ✓ Apply eye make-up after putting in your lenses, and remove make-up once the lenses have been taken out.
- ✓ Make sure you have an adequate supply of replacement lenses or a spare pair.
- ✓ Always have spare lenses and solutions when travelling.
- ✓ Handle carefully to avoid damaging the lens.
- ✓ Check the lens is not inside out before inserting (applies to soft contact lenses only).
- ✓ Do keep tops on solution bottles and check use by dates.
- ✓ Discard lenses and solutions that are past their expiry date.
- ✓ Replace your lenses if they become damaged or scratched.
- ✓ Wear only the lenses specified by your contact lens practitioner.
- ✓ Have an up-to-date pair of spectacles for when you need to remove your lenses (if possible).
- ✓ Seek your Doctor or Optometrist's permission before taking medicines or using topical eye products.
- ✓ Remove your lenses and contact your practitioner if you have vision changes, redness of the eye, eye discomfort or pain and excessive tearing.

DON'Ts

- ✗ Never use saliva or any type of distilled, bottled or tap water to rinse, clean, store or re-wet your lenses or your lens case.
- ✗ Avoid using perfumed or medicated soaps which might cause irritation to the eye.
- ✗ Never share your contact lenses with anyone, as this can spread infections.
- ✗ Avoid wearing your lenses if you are unwell, run down or have a cold sore.
- ✗ Never sleep in your contact lenses unless your optician has advised otherwise as most lens types are unsuitable and unsafe for this purpose.
- ✗ Don't wear daily-wear lenses during sleep (applies to soft contact lenses only).
- ✗ Don't wear your lenses when showering, swimming, using hot tubs or doing water sports. Contact with water significantly increases the risk of contact-lens related infection.
- ✗ Don't insert a lens that has fallen on an unclean surface, without cleaning and rinsing first.
- ✗ Don't insert a lens if it is dirty, dusty or damaged.
- ✗ Don't re-use or top up solution – discard and replace with fresh solution each time lenses are stored.
- ✗ Don't decant solution into smaller containers; this is unhygienic. You can buy travel-sized versions if required.
- ✗ Don't leave lenses in the case for more than seven days without cleaning and storing them in fresh solution.
- ✗ Don't change the solution you use except on the advice of your practitioner.
- ✗ Don't use any eye drops without advice from your contact lens practitioner.
- ✗ Don't wear your lenses longer than prescribed by your practitioner.

- ✘ Don't ignore any usual eye conditions such as redness, eye pain, irritation or excessive tearing – consult your optician immediately or attend A&E.

You will be asked to sign a disclaimer form, agreeing that you have read and understood the above advice.

Appointments

If you are unable to keep your appointment, please phone the booking office on **01392 406922** to arrange an alternative date. Please wear your contact lenses to the appointment if possible.

Emergencies

In the case of an emergency (e.g. pain, sudden loss of vision and redness with discharge), remove the contact lens(es) and contact NHS advice by telephoning 111, who will redirect you to our local eye emergency triage line if required.

Contact us

Optometry department (orders and non-urgent clinical queries):

.....**01392 406037**

Ocular Emergencies**111**

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