



Contact Lenses – a simple guide to success

Wearing your lenses

Keep to your recommended wearing schedule.

If possible, you should be wearing your lenses 8-10 hours a day by the time of your first aftercare check-up.

But remember, you can progress as steadily as you like. The wearing schedule is a maximum and not a target.

Please do not change solutions without consulting your practitioner first. Be very careful with 'own-label' and supermarket varieties because the names are sometimes very confusing.

Handling your lenses

Always wash your hands before inserting and removing lenses, especially if they have been in contact with any chemicals.

Handle lenses in a well lit area with a mirror and have your spectacles nearby.

Particularly with hard lenses, ensure that the plug is placed in the sink (elementary precaution!).

Follow a routine and always deal with the same lens first. Handle only one lens at a time to avoid mixing them up.

Be careful to avoid putting two lenses in the same side of the case. If soft lenses stick together they are often impossible to separate.

If soft lenses dry out they are not necessarily spoiled - but be careful because they will be very brittle. Carefully soak them in saline and then sterilise in your usual solutions.



Cleaning and sterilising your lenses

Remember, cleaning and sterilising are not the same and to be safe you must carry out both procedures.

Cleaning is usually by gentle rubbing with the fingers to remove deposits. Sterilising ensures the lenses are safe to wear the next day and avoids the risk of eye infection.

The only lenses which do not require cleaning and sterilising are daily disposables.

Clean and store the lenses with your recommended solutions and follow the procedures advised. Further instructions will be found with your starter pack and with refills.

Never use soft lens solutions for hard lenses or *vice versa*.

Clean your lenses daily after removal from the eye. This is much more efficient than before insertion.

You must always use fresh solutions each time.

Clean the lens case once a week with boiled water and dry with a clean tissue. Do not use detergents.

Replace the lens case at regular intervals. Many solutions now come with a new case included.

Always carry your lens case with fresh solution.

Always be quite sure of the solutions you are using. Note the names down in your diary to avoid any chance of mistake.

Do NOT change solutions without first checking with your practitioner.

NEVER USE TAP WATER WITH SOFT LENSES