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Caring for Your Contact Lenses

Name:

Contact Lens Type:

Solutions:

Next Check-up due:

Our regular contact lens patients benefit from the latest and healthiest contact lenses available. We are often chosen by Contact Lens Manufacturers to investigate the improvements and advantages of new types of contact lenses.

Patients paying Direct Debit for a regular supply of contact lenses and their fees obtain a 15% discount on any purchase in this practice including all spectacles or alternatively three pairs for two whichever is lowest priced.

Exercises to be done prior to Contact Lens Teaching Sessions

Do these exercises at least twice a day for a couple of seconds each time on each eye.

Make sure you are comfortable, have a good mirror with good lighting. Wash your hands and dry them thoroughly. Look into the mirror at your eyes. Remember that the contact lens will be going over the iris (the coloured part of the eye).

1. In order to put the lens onto the eye, you need to open your eye wider than the iris because the lens is about one millimetre larger than your iris.
2. To do this, practice holding the top lid up against your brow bone by placing your fingers under the top eyelashes and lifting upwards. You should be able to stop yourself blinking. Do not hold this position for very long - a couple of seconds will do.
3. Next with the middle finger of the other hand (use whichever hand feels most natural) feel the eyelashes on your bottom lid and pull down. These two actions together will open your eye wide enough to enable the contact lens to comfortably get past your eyelashes and be placed on the eye.
4. Practice moving your index finger on the other hand towards the eye as if you are putting in a contact lens. (Do not touch the eye.)

Putting your contact lenses on your eye

Try to establish a routine.

Once you have practised for a while this will become personalised for you as an individual.

ALWAYS WASH, RINSE AND DRY YOUR HANDS THOROUGHLY before putting your lenses in and before taking them out. Water should NOT get onto your lenses.

For Soft Lenses

It is important to check that your lens is not inside out. To do this place the lens on the tip of your finger and hold it up. The correct way should show the lens as 'bowl' shaped - think of a cup and saucer. If the lens appears flatter and has a lip then turn it the other way and check again to see if it is bowl shaped. With practice you will be able to tell the difference.

Place the lens on the tip of your first finger, with the tip of the middle finger pull the bottom lid down. With the other hand held vertically, pull the upper lid up and hold it against the brow bone. Now place the contact lens onto the front of the eye. You will need to look at yourself in a mirror to do this. Try not to look away as you get nearer to the eye - if you look away the lens will not go on to the centre of the eye. Gently release the lids and blink.

Repeat for the other eye.

If a lens does not feel 'right' close your eye and very gently using a circular motion massage the front of the eye. If the lens is still not comfortable, take it out (for procedure to take lenses out see overleaf) and check it is the right way round and that there is no dirt on the lens, rinse the lens with solution, and replace.

Removing the Lens (soft lenses contd)

Removal of your contact lenses is often easier if you put a drop of wetting solution in the eye before its removal.

To remove the lens, it is a similar routine, but in reverse. Hold both lids wide, as before, and with a dry first finger and dry thumb pinch the lens out. You will need to make sure that your fingers are dry, to make it easier to get hold of the contact lens.

For Daily Single Use lenses

Once you have removed your lenses, throw them away.

For Gas Permeable contact lenses

The method for insertion is very similar to that of soft lenses. You may not need to hold your eye quite so wide open as these lenses are usually much smaller than soft lenses.

To take them out, it is usual to use the following method.

With your eye as wide open as you can, place the tip of your finger at the outer edge of your lids and firmly pull outwards, this should release the lens. It sometimes helps to bend over, so that gravity assists, place your other hand under the eye to catch the lens.

For the So-Clear lens

This lens, while it is a gas permeable lens, it is a larger lens. Before attempting to place this lens on the eye pour several drops of saline or solution inside the lens. Then carefully balancing the lens lean forward and down slightly and gently place the lens over the iris.

To remove this lens place a DRY finger on the centre of the lens and briskly look to the right or left. The lens should then be released from the eye and fall into your hand, strategically placed to catch the lens.

For SoClear lenses remember to use only prescribed lens solutions.

Always use the same one-step solution and ALWAYS remember to RUB & RINSE.

Never use tap water, own brand solutions or old solutions or a dirty case.

Replace your case every month.

Gas Permeable Lenses

Your lenses are Gas Permeable lenses/ SoClear

High/Medium/Low Oxygen Transmission lenses

Single vision/Multifocal/Bifocal/Monovision/Astigmatism correcting/Keratoconus/Ortho K

Greater care is needed when handling High Oxygen gas permeable lenses, as they are more fragile than other types of lenses.

After removing your lenses always gently rub the lens from the centre to the outside for 20 seconds with solution and store in fresh solution.

If wearing regularly, always store and soak lenses in fresh solution.

Only if worn occasionally - store dry BUT before use, clean and soak thoroughly with fresh solution.

Never never use tap water, bottled water or non-sterile solutions, old solutions or a dirty case.

Soft Disposable Lenses

Your lenses are SOFT disposable lenses

Silicone/ high/medium/low oxygen transmission/biocompatible /hydrogel

Astigmatism correcting/colour changing/enhancing

Single vision/multifocal/bifocal/monovision

Aftercare for disposable and soft lenses - keep to recommended solution and change your case monthly.

RUB & RINSE for 20 seconds with recommended solutions rubbing from the centre outwards. Store in fresh solution.

Wearing Schedule Guide for new wearers

Day 1+2	4 hours	Day 3+4	6 hours
Day 5+6	8 hours	Day 7+8	10 hours
Day 9+10	12 hours		

If lenses are comfortable, continue as required, morning to night

Never never use tap water, own brand solutions or dirty/old case

Never lick lenses - licking lenses of any type can cause ulcers and other infections in the eyes possibly leading even to blindness

Little Reminders and Tips

Always wash and dry your hands before approaching your eyes or touching your contact lenses.

Change your contact lens case every month.

- We recommend specific suitable care products for looking after your contact lenses and consequently caring for your eyes.
- You are advised not to change from the recommended system and routine without checking with us. (Some lenses require very specific solutions).
- Never use own brand solutions or mix different contact lens solutions.
- Always remember to blink normally. Staring without blinking will result in excessive drying of your lenses. Staring at a VDU screen or air blowing from a car's heater can sometimes cause discomfort, which can be alleviated by using a comfort drop.
- Contact lenses should not be worn on flights longer than three hours (i.e. outside Europe) because of the dry air associated with cabin pressurisation (usually equivalent to 5 – 8,000 feet).
- If you wear make-up, put your lenses in before applying. Be wary of putting make-up, aerosol spray and hair spray on your contact lenses.
- **Do not sleep overnight in your lenses.**

Recommended aftercare frequency

One/ two/ three weeks - one/ three/ six/ nine months/ annual

Recommended replacement frequency

Daily/ weekly/ fortnightly/ monthly - 3 monthly/ 6 monthly/ annually

Your monthly Direct Debits for contact lenses includes fees for all your contact lens check-ups, prescription up-dates for the same type of lenses, replacement of damaged lenses; and often trials of newer types of lenses. Also if required postage and packing plus a 15% discount for any purchase made in the practice including all spectacles or alternatively three pairs for two whichever is lowest priced.

CONTACT LENS CHECK-UPS ARE RECOMMENDED REGULARLY – NOT LESS THAN ONCE A YEAR

We suggest that you give your eyes a rest from contact lenses for Days (36 hours) every week/fortnight.

Always, always carry out self evaluation

‘Do my eyes look well, feel well, and see as well as normal for me?’

‘If in doubt, take your contact lenses out’

If you have a cold be aware wearing contact lenses may not be quite so comfortable!

Always have an up to date pair of spectacles with you.

In case of emergency, either contact us or if felt absolutely necessary go to A & E.

Should you have any problems - please contact us on
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