



# CONTACT LENS GUIDELINES

## **Lens Handling**

Always wash and dry your hands before handling your lenses.  
Avoid long nails, which harbour bacteria. A scratched eye is vulnerable to infection.  
DO NOT use tweezers or other tools to handle the lenses.

## **Lens Cleaning**

Clean and disinfect your lenses EXACTLY as instructed by your eyecare practitioner.  
If the lenses dry out (soft contact lenses), please contact us for advice/ replacement.  
It is inadvisable to change the brand of solution used without consulting your eyecare practitioner, as some solutions react inadvertently with certain lenses, and some eyes show sensitivity to some types of cleaning solutions.  
DO NOT use ANY other liquids for your lenses other than those advised by your eyecare practitioner.

## **Lens Wear**

As a contact lens wearer you are at slightly higher risk of infection than a non wearer but adhering to the instructions and advice issued by your practitioner reduces this risk.  
DO NOT exceed the wearing times advised by your eyecare practitioner. If this is not adhered to, there is a risk that your eyes may quickly become unsuitable for contact lens wear.  
DO NOT sleep in your lenses unless your eyecare practitioner has advised it is safe to do so.  
Contact lenses are NOT to be shared (risk of cross-contamination).

## **Precautions and Warnings**

Replace damaged, contaminated or scratched lenses immediately.  
Avoid contaminating lenses with make up, aerosol sprays or wearing them near noxious fumes.  
DO NOT wear your lenses when using eyedrops (unless advised to do so).  
DO NOT use saliva to wet your lenses.  
DO NOT let tap water come into contact with your lenses or lens case (high risk of Acanthamoeba contamination)  
Clean your lens case (where applicable) with lens solution and allow it to air dry.  
Replace your case regularly.

**REMOVE LENSES IMMEDIATELY AND SEEK ADVICE if the eye becomes:**

- **RED**
- **WATERY**
- **UNCOMFORTABLE**
- **PAINFUL**

**Office hours contact Patrick & Menzies - Out of hours contact Casualty**

## **Contact Lens Checks**

As a contact lens wearer you are responsible for keeping up to date with your check ups.  
NEW LENSES CANNOT BE ISSUED IF YOU ARE OVERDUE A CONTACT LENS CHECK OR EYE EXAMINATION. Please attend contact lens checks WEARING your lenses and bring your contact lens case (if applicable) as well as your glasses which you will go away from the appointment wearing.