

Caring for your soft contact lenses

A guide to applying, removing and cleaning your soft contact lenses. With regular use you may develop your own preferred method of applying and removing your contact lenses but this is the method we usually teach as a starting point.

Wearing schedule

Day 1:

4 hours adding on _____ hours per day to a maximum wearing time of _____ hours.

Solution:

Extra instructions:

Next appointment:

If you need any further help please contact the practice or see our website for more information.

cameronoptom.com/handling

Caring for your soft contact lenses

Contact us

Cameron Optometry
5 St Vincent Street
Edinburgh
EH3 6SW

0131 225 2235

vision@cameronoptom.com



**CAMERON
OPTOMETRY**

EDINBURGH



Applying your soft lenses

- Remove your lens from the case using the pad of your finger.
- Rinse the lens with several drops of multipurpose solution.
- Examine your lens to ensure it is clean and undamaged.
- Ensure it has not turned inside out. If the lens is the right way round it will be bowl shaped with the top curving in. If it is the wrong way round the top will curve out.



- If the lens is the wrong way round gently roll it between your finger and thumb to turn it the right way round. If a lens is inserted the wrong way round it will not settle properly and may affect the comfort and vision.
- Use both hands to hold your upper and lower eyelids.
- Keep both eyes open, looking straight ahead.
- Gently place the lens onto the centre of the coloured part of your eye, and then release your lower then upper eyelids.

Removing your soft lenses

- Hold lids back to prevent blinking.
- Place the pad of your index finger onto the centre of your lens.
- Gently move the lens down or across into the white part of your eye. This should create an air bubble.
- Place the pads of your index finger and thumb against the surface of the lens.
- Pressing the lens slightly, gently pinch from the eye.
- Clean and rinse the lens according to your solutions instructions. Each solution is different so read the instructions carefully.
- Place the lens in the storage care with your cleaning solution.

Cleaning and storing

After removing your lenses, clean them immediately to remove mucus, protein and debris that build up on the surface during the day.

- Place the lens in your palm and apply a few drops of cleaning solution as recommended by your optometrist. Gently rub the lens in a circular motion with your finger, not rubbing the lens too hard.
- Rinse the cleaner off with an approved lens rinsing solution.
- Fill the case with fresh cleaning solution to protect your lenses overnight. Always use fresh solution each time you clean and store your lenses.
- After use, rub the inside of your case with clean fingers, rinse with fresh disinfecting solution and allow to air-dry naturally. See image below.
- Replace your storage case whenever you open a fresh bottle of solution.



Place the empty case facedown, resting on the lids in a clean, dry area.

Remember

- Always wash and dry your hands thoroughly before handling your lenses. Avoid using soaps that are strongly perfumed or contain moisturisers.
- Do not sleep in your lenses unless advised to by your optometrist.
- Do not use tap water or saliva to rinse your lenses or case.
- Use fresh solution each time you clean and store your soft lenses.
- Do not swim or shower in your lenses without seeking the advice of your optometrist.
- Avoid lens mix-ups. Always start with the same contact lens when you apply, remove and clean your lenses.
- If your eyes become red and/or painful at any time, please seek the advice of your optometrist.