

Patient and Carer Information

Patient Advice On Contact Lens Wear

Insertion of lenses

1. Wash and dry hands
2. Remove from storage case and rinse with saline or multipurpose solution
3. Dispose of solution in case (**never 'top up'**), rinse with saline or multipurpose solution and air-dry
4. Ideally keep lens case dry when wearing contact lenses



Removal of lenses

1. Wash and dry hands
2. Fill storage case with fresh sterile solution (vented case for peroxide)
3. Remove lens from eye
4. Apply a few drops of to lens
5. Rub lens in palm of hand for 60 seconds (30 seconds each side of lens)
6. Rinse thoroughly with saline or multipurpose solution
7. Replace lens in case

Compulsory Aftercare

- Attend hospital contact lens appointment at least every 6-12 months
- Check-up to identify potential problems (that could affect the health of your eyes) early on, before you even become aware of them
- **Attend having worn your lenses for at least 3 hours that day**



If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.