

## 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



### Removal of lenses

1. Wash and dry hands
2. Fill storage case with fresh sterile ..... solution (vented case for p
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



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