

Keeping your eyes healthy with contact lens wear



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All contact lens wearers have a higher risk of eye problems, such as infection, than people who do not wear lenses. However, by following the advice below, you will keep the chances of any such problems to a minimum:

- Try to have an hour or two of waking time without contact lens wear each day.
- Try to have a day off from contact lens wear each week.
- Having an up-to-date pair of glasses allows you to take breaks from lens wear, and reduces the temptation to use your lenses on days when your eyes are red or uncomfortable.
- Never swim with your contact lenses in as this increases the risk of infection*.
- Never sleep wearing any type of contact lens as this dramatically increases the risk of infection*.
- Always wash and dry your hands before handling your contact lenses.

Use as prescribed by your optician

- Always clean and store your lenses using contact lens care products designed for the purpose. ** These care products are often referred to as 'contact lens solutions'.
- Do not reuse contact lens solutions**.
- Consult your contact lens practitioner before changing contact lens solutions**.
- Always 'rub and rinse' your contact lenses after use with your contact lens solution even if the packaging says this is not necessary **.
- Replace your contact lens case at least every three months**.
- Never let your contact lenses or case come into contact with tap water.
- Use protein-removal tablets on non-disposable lenses at least once a month.
- After inserting your lenses, wipe your case with a clean tissue and allow to air-dry upside down.

* note: although your eye may recover fully from a mild infection, conjunctivitis, some more serious infections can affect vision permanently.

** doesn't apply to daily disposable lenses.

What to do if you experience soreness redness or blurring of vision with your lenses

- If you experience any of these symptoms, remove your lenses immediately.
- If your lenses are daily disposable, throw them away. If they are reusable, clean and disinfect them thoroughly using your usual contact lens care products.
- If your symptoms persist after removing your lenses, consult your contact lens practitioner or GP as soon as possible.
- If the problem resolves completely after lens removal, cautiously return to lens wear the following day using a new pair of lenses if you use daily/monthly/fortnightly replacement lenses.
- If the problem returns, remove your lenses and consult your contact lens practitioner.

- If your GP or contact lens practitioner feels that your eye problem is serious, they can call the eye clinic to arrange a same-day or next day appointment. Only your GP or contact lens practitioner can do this.

For further information please see your contact lens practitioner.

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

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OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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