



**CLAMP**

**OPTOMETRISTS**

AND CONTACT LENS PRACTITIONERS

**A GUIDE TO WEARING AND CARING  
FOR YOUR CONTACT LENSES**



## INTRODUCTION

To get the best performance out of your contact lenses and to minimise the risk of associated health problems we ask you to take a few minutes to familiarise yourself with the contents of this booklet, and to keep it in a safe place should you need to refer to it in the future.

## DOS AND DON'TS OF CONTACT LENS WEAR

If you have any problems such as redness, soreness or your vision becomes blurry remove your lenses and please contact us

Never rinse or store your contact lenses or contact lens case in tap water

Never store your contact lenses in saline

Never share your contact lenses

Never change your cleaning solution brand without consulting your practitioner

Never wear your lenses for longer than prescribed

Never swim in your contact lenses, or use them in a sauna or hot tub

Always wash and dry your hands before you handle your contact lenses

Always replace your contact lens case regularly and clean it each week with boiling water, allowing it to air dry

Always use fresh contact lens solution every day

Always put on your eye make up after inserting your contact lenses

Always stay up to date with aftercare appointments and eye examinations; this will ensure your eyes stay healthy

Always inform your employer if you wear contact lenses; some occupations require the use of safety eyewear in addition to contact lenses

Always keep us informed about changes in your general health or medications, it is generally best to stop contact lens wear should you become ill

Always dispose of your contact lenses, case and solution following an eye infection

Always have a spare up to date pair of spectacles to hand so you are not tempted to wear your contact lenses when you shouldn't. Should you develop an eye infection, and have to stop wearing your contact lenses you can still carry out every day tasks such as driving or computer work

## PRACTICE PLAN SUMMARY

### SOFT MONTHLY LENSES

- You pay an initial deposit of £ \_\_\_\_; this is equal in value to 3 months worth of lenses
- You then pay a monthly direct debit of £ \_\_\_\_\_. This starts straight away.

This covers:

- Your initial 6 month supply of contact lenses and then supplies every 6 months thereafter
- The cost of all aftercare appointments, routine or emergency
- The cost of an eye examination every 2 years
- A discount of 25% off spectacles and sunglasses
- A discount of 10% off solutions, cleaners and moisturising eye drops
- Free replacement damaged contact lenses

### RGP, HARD AND SOFT ANNUAL LENSES

- You pay an initial deposit of £ \_\_\_\_; this is equal to half the value of your lenses
- You then pay a monthly direct debit of £ \_\_\_\_\_. This starts straight away.

This covers:

- Your initial contact lenses and one pair of replacement contact lenses every year
- The cost of all aftercare appointments, routine or emergency
- The cost of an eye examination every 2 years
- A discount of 25% off spectacles and sunglasses
- A discount of 10% off solutions, cleaners and moisturising eye drops
- Replacement damaged contact lens at a reduced rate of £ \_\_\_\_

### DAILY DISPOSABLE LENSES

- No initial deposit
- You then pay a monthly direct debit of £ \_\_\_\_\_. This starts straight away.

This covers:

- Pay-as-you-use highly discounted rate of £ \_\_\_\_\_ per 30 pairs of lenses
- The cost of all aftercare appointments, routine or emergency
- The cost of an eye examination every 2 years
- A discount of 25% off spectacles and sunglasses
- A discount of 10% off moisturising eye drops

### EXTENDED WEAR

- No initial deposit
- You then pay a monthly direct debit of £ \_\_\_\_\_. This starts straight away.

This covers:

- Your initial 3 month supply of contact lenses and then supplies every 3 months thereafter
- The cost of all aftercare appointments, routine or emergency
- The cost of an eye examination every 2 years
- A discount of 25% off spectacles and sunglasses
- A discount of 10% off solutions, cleaners and moisturising eye drops
- Free replacement damaged contact lenses

### TERMS AND CONDITIONS

- The direct debit starts straight away on the 1st of every month, this means you are always paying ahead for your next batch of contact lenses, should you decide to leave the scheme at any time after the first year we will refund the initial deposit and supply you with any contact lenses if they are due. - Any discount given in the first year will have to be repaid should you leave the plan before the minimum term of 1 year - Solutions are not included - Practice Plan Ltd manage our Direct Debit - Spectacles discount only applies with your own prescription - Not applicable on already discounted or promotional prices - Minimum term 1 year

## INSERTING & REMOVING YOUR SOFT CONTACT LENSES

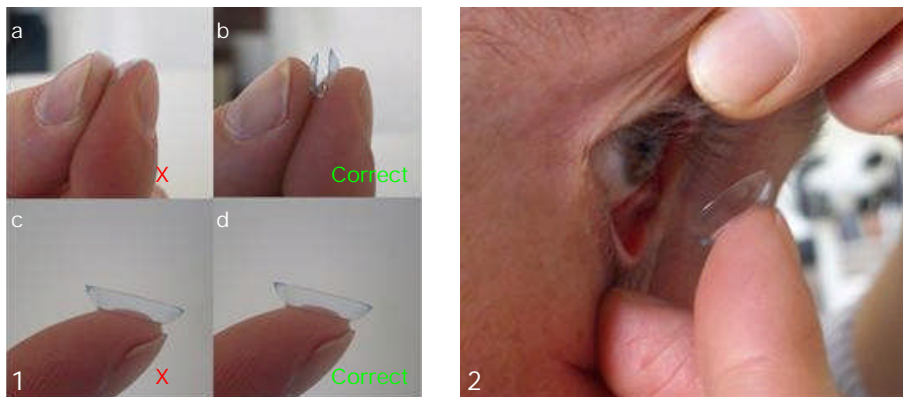
### PREPARATION

- It is important to set up an area on a table for contact lenses insertion and removal with a magnifying make-up mirror, unperfumed tissues, lens solutions, contact lens case and your spectacles.
- Always wash your hands first with unperfumed or simple soap and rinse thoroughly.
- Now make sure your hands are either air dry or with a lint free towel.
- Your lenses should be clean in their case from your previous wear.

### SOFT LENS INSERTION

First you need to check the lens is the correct way round. This can be done either with the lens on the tip of your finger and examining the profile, if you can see the edge turning inside out it is incorrect (as shown in diagram 1c). The other method is to pinch the lens between thumb and forefinger and the edges of the lens should turn in (diagram 1b) for the correct way round however if it turns out it is incorrect (as shown in diagram 1a).

Now place the lens on the tip of the index finger look straight ahead into the mirror, pull the lower lid down with the middle finger and use the other hand to pull the top lid up by the lashes (as shown in diagram 2). Then gently press the lens over the eye and remove the finger and slowly let go of the lids. If the eye hurts when the lens is inserted there may be some dust trapped under it. To correct this keep blinking, otherwise slide the lens down and outwards then recenter. If this does not work take out the lens rinse it in solution and insert again. Once the lens is in cover the other eye and ask yourself can I see?



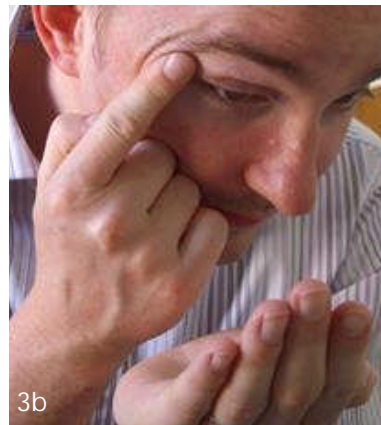
### SOFT LENS REMOVAL

Make sure your hands are clean and that the contact lens case has fresh storage solution in it. Place your dominant index finger on the lens with your middle finger holding the lower lid and use the other hand to hold the upper lid open by the lashes. Slide the lens down whilst looking at the eye in the mirror. With your index finger still on the lens bring your thumb onto the lens surface and pinch the lens off the eye (as shown in diagram 4). The lens should crumple up and come away from the eye. Now clean the lens as directed by your practitioner.

## INSERTING & REMOVING RGP/HARD CONTACT LENSES

### RIGID GAS PERMEABLE LENS INSERTION

This is carried out in the same way as Soft Lens Insertion except the lens can not be inside out because it is rigid. If the lens is not inserted onto the centre of the eye (cornea) it may need re-centering. This is carried out by massaging the lens through closed lids on the outside edge towards the centre of the eye.



### RIGID GAS PERMEABLE LENS REMOVAL

Make sure your hands are clean and that the contact lens case has fresh storage solution in it.

First method: The eye must be held open wide enough for the taut lids to spring out the lens from behind by blinking and using 1 or 2 fingers to pull the temporal skin towards the top ear (as shown in diagram 3b). Make a cupped shape with the other hand to catch the lens when it springs out. This is to be carried out with the head facing downwards over a table so the lens is not lost. Now clean the lens as directed by your practitioner.

Alternative method: Look in front of the mirror use the index finger of each hand place one in the middle of the top lid and the other in the middle of the lower lid. Move the lids apart to go beyond the lens edge then press with the fingers towards each other so the lids are used as fulcrums (as shown in diagram 3a). The lens should fall out onto the lashes. Now clean the lens as directed by your practitioner.

## CONTACT LENSES & YOUR GENERAL HEALTH

### EVERYDAY

- Do my eyes look good? — no redness
- Do my eyes feel good in my lenses? — no discomfort
- Do I see well? — no unusual blurring

If the answer to any of these questions is 'no', leave your lenses out and consult your contact lens practitioner.

### EMERGENCIES

In an emergency take your contact lenses out, and contact the Practice. If it is outside normal office hours and your eyes are red and painful, you may feel you need to be seen at the local emergency/casualty department: please take your contact lenses, solutions and lens case with you.

### HEALTH RISKS AND CONTACT LENSES

Wearing contact lenses carries the risk of suffering from eye infections which could lead to a permanent reduction in vision or even blindness. We do not wish to scare you unduly, but being aware of the potential risks will ensure you take all necessary steps to safeguard the health of your eyes. A common mild infection is bacterial conjunctivitis which normally resolves after about a week, with no permanent effect to your vision. Ulcerating keratitis (UK<sup>#</sup>) is a very serious eye condition which is normally painful, takes 4-6 weeks to resolve, requires daily hospital visits and can result in a permanent reduction in your vision due to corneal scarring. We have used this condition in the table below to highlight the potential risk of wearing contact lenses. By simply always washing & drying your hands; cleaning your contact lenses as recommended; not overwearing your contact lenses and attending regular aftercare check ups you substantially reduce the risk of developing problems.

	Non Contact lens wearer	Daily disposables contact lens wearer
Risk of non-serious eye infection (Bacterial conjunctivitis)	1 in 700	1 in 500
Risk of a serious eye infection (Ulcerative Keratitis)	1 in 20,000	1 in 2,500

### INCREASED RISK IF YOU SMOKE

The risk of ulcerative keratitis amongst contact lens wearers who smoke is estimated to be 3 to 8 times greater than for non-smokers. Smokers are also 3 times more likely to develop macular degeneration later in life.

### EXTENDED WEAR CONTACT LENSES

The risk of ulcerative keratitis (UK<sup>#</sup>) is 4 to 5 times greater for extended wear contact lens users than for daily wear users. About 1 in 2500 daily disposable contact lens wearers experience UK<sup>#</sup>, this increases to 4.5 in 2500 for those who wear new extended wear silicone hydrogel lenses (Oasis, Day & Night and Purevision). The overall risk of UK<sup>#</sup> is thought to be reduced by carefully following directions for good hygiene and lens care. If you sleep in your lenses we insist upon more regular aftercare appointments

## YOUR CONTACT LENS INFORMATION

### Your Trial Wearing Schedule

	Hours of Wear		Hours of Wear
Today		Day 6	
Day 1		Day 7	
Day 2		Day 8	
Day 3		Day 9	
Day 4		Day 10	
Day 5		Day 11	

**Trial Information**

Trial review, next appointment :

Cleaning Solutions for trial:

Moisturising drops for trial:

### Your Contact Lens Details (To be completed after the trial appointment)

	BOZR	TD	Sphere	Cylinder	Axis	Add
Right						
Left						
Manufacturer						
Lens Material						
Additional details						

### Your cleaning plan



Optifree Express



Focus Aqua



Boston Simplex



Boston Advanced



Easy Sept

### Additional Recommendations

#### Additional cleaning products



Mira Flow



Unizyme

#### Moisturising products



Blink Contacts



Blink Contacts Preservative free

### Your Wearing Schedule

Maximum of \_\_\_\_\_ Days per week. \_\_\_\_\_ Average hours per day, \_\_\_\_\_ Max hours per day

Next check up appointment \_\_\_\_\_ Then every \_\_\_\_\_ months thereafter

This will be completed after your initial contact lens assessment

Contact lens practitioners

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**CONTACT LENS APPOINTMENTS**

Please wear your contact lenses to these appointments

Please bring your contact lens case

You must bring your current spectacles, to wear after the appointment  
as you will not be able to wear your lenses for about 1 hour due to the  
dye we use to check the health of your eyes

**EYE EXAMINATIONS**

Please wear your spectacles to these appointments

Bring your contact lenses in their contact lens case

**CLAMP**

**OPTOMETRISTS**  
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