

Department of Optometry, Oxford Eye Hospital

Care of your Soft Contact Lenses (Oxysept 1-step)

Information for patients



Please read ALL the instructions carefully

- **Always** wash and dry your hands thoroughly before inserting or removing your lenses. To make sure you do not catch your eye with your fingernails, we recommend that you keep them short.
- Work over a clean, flat surface so that if the lens falls out it will not be damaged. Put the plug in if working over a sink!
- Eye infections may occur due to poor lens case hygiene. Scrub your case weekly using saline solution and a clean toothbrush (keep this brush just for this purpose). Do not use soap in case it is not fully rinsed away.
- Do not rinse your case or lenses with tap water as this can cause eye infections.
- Remember to replace your lens case every 3 months.

Lens Insertion

1. Before removing the lenses, turn the case upside down to ensure the case is fully neutralised.
2. Remove a lens from the case and make sure it is not damaged, particularly checking the edges for tears.
3. Make sure the lens is not inside out. When it is the correct way around the lens is shaped like a cup. If it is inside out it is saucer shaped, with the edges turning out. This can be difficult to spot if you wear a very thin lens so it is best to make sure that the lens is the correct way around after cleaning.
4. Insert the lens as directed by your optometrist.
5. If you wear two lenses, repeat steps 2 to 3 for the second lens.
6. Discard the solution from your case, rinse the case with saline solution and leave the case to air dry.

Lens Removal

1. Remove the lens as directed by your optometrist.
2. Place the lens on the palm of your hand and add one drop of cleaning solution (small bottle) on the inside of the lens and one drop on your hand.
3. Rub the lens gently but positively with the little finger of your other hand. Rub for 30 seconds. Turn the lens over and rub the other side.
4. After rubbing the lens it is essential to rinse it with saline solution in order to remove the loosened debris.
5. Place the lens on the correct side of the contact lens basket in the case. Make sure that the lens does not hang out of the side of the basket as this may cause it to tear when the basket is closed.
6. If you wear two lenses, repeat steps 1 to 5.
7. Fill the case to the line with Oxysept 1-step disinfecting solution, and drop in one Oxysept 1-step neutralising tablet.
8. Place the holder containing the lenses into the disinfecting solution and tighten the lid.
9. Turn the lens case upside down at least three times to ensure the whole of the inside is disinfected. Make sure the tablet has dropped back down into the solution so that it will neutralise properly.

10. After a few minutes the tablet will begin to bubble. Foaming may also occur. A pale pink colour can be seen when the neutralising tablet has started to dissolve, but this does not indicate that neutralisation is complete (see point 11). A colourless solution indicates that either no tablet has been added, or that the tablet has not dissolved.
11. For maximum comfort, leave your lenses to soak overnight. However, if you need faster disinfection and neutralisation, make sure that you leave your lenses to soak for at least 6 hours after adding the neutralising tablet.
12. **DO NOT GET CLEANER OR THE OXYSEPT DISINFECTING SOLUTION IN YOUR EYE.** To avoid this always make sure the cleaner is fully rinsed off with saline, and that you remember to use the neutralising tablet.

Points to remember

- If your eye is red, sticky or uncomfortable – **REMOVE THE LENS** and contact the:

Optometry Department
Monday to Friday 9.15am - 5.30pm
Tel: 01865 234740

or

Eye Casualty
Open 24 hours daily
Tel: 01865 234800

- Always keep your aftercare appointments. If the time is inconvenient please contact the:

Patient Contact Centre
Monday to Friday: 8am - 6pm
Tel: 01865 231405

- Never wear your lenses overnight.
- Do not wear your lenses for longer than your optometrist advises. Build up your wearing time gradually. Begin with 2 hours and increase by 1 hour daily.
- Never wear a damaged lens. If you need a replacement contact the Optometry Department on 01865 234740.

- If the lens is uncomfortable once inserted, remove it, rinse it with saline and check again that it is not inside out or damaged. If the lens remains uncomfortable, leave it out and contact the Optometry Department on 01865 234740.
- If the lens sticks together after removal, immerse in saline solution in the palm of your hand and gently rub to loosen the sides.
- Always use fresh solutions daily. Always use the solutions recommended by your Optometrist, i.e. the same as those in your starter pack. If in doubt, contact the Optometry Department to check solution compatibility.
- Do not touch the tips of the bottles with your finger or lens, or you may contaminate the solution. Always replace the lid on your solution bottles and keep away from direct sunlight and heat.

Look after your lenses and enjoy them!

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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