

Department of Optometry, Oxford Eye Hospital

# Care of your Soft Contact Lenses

## OPTI-FREE EXPRESS®

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. There is no point putting your clean lens into a dirty case! Scrub your case weekly using OPTI-FREE EXPRESS solution and a cotton bud. 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. Deposits can build up on your case the same way they build up on the contact lens).

# Lens Insertion

1. Remove the lens from the case and rinse with fresh OPTI-FREE EXPRESS solution, or with saline, as directed by your optometrist.
2. Ensure the lens is not damaged, particularly checking the edges for tears.
3. Ensure 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 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 1 to 4 for the second lens.
6. Discard the solution from your case, rinse the case with OPTI-FREE EXPRESS and leave 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 OPTI-FREE EXPRESS solution 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. (95% of pollutants are removed by this manual act of rubbing the lens.)
4. After rubbing the lens it is essential to rinse it with fresh OPTI-FREE EXPRESS solution in order to remove the loosened debris.
5. Fill the appropriate side on the contact lens case with FRESH OPTI-FREE EXPRESS solution.
6. Place the lens inside the lens case. Take care not to catch the lens when screwing the lid down.
7. If you wear two lenses, remove the other and repeat steps 2 to 6 and leave overnight (at least 6 hours).

# Eye make up and contact lenses

- Getting makeup in your eye is annoying, but it's worse with lenses as it can stick to the lenses instead of being flushed out by your tears.
- Put in your contact lenses before applying makeup. ALWAYS wash hands thoroughly before touching lenses to avoid transferring oils, creams or lotions onto them.
- Use only non-allergenic makeup.
- Cream eye shadow is less likely to get into your eyes than powder, but can irritate your eyes more if it does get in. Choose water-based rather than oil-based creams.
- If you prefer powder, keep eyes closed during application, then brush off any excess before opening your eye.
- Never apply eyeliner between your lashes and your eye. Only apply it to the portion of the lashes that is well away from your eye.
- To remove makeup, wash and dry hands. Then remove contact lenses as detailed overleaf. Finally use your eye makeup remover.
- Replace your eye make up FREQUENTLY and at least every 3months. Bacteria can get into the product and build up overtime, thereby increasing the risk of infection if it gets into your eye.
- Never share eye makeup.

# 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 or OPTI-FREE EXPRESS solution 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.
- Never Swim or Shower with your contact lenses in.
- If the lens sticks together after removal, immerse in saline or OPTI-FREE EXPRESS 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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