

Contact lenses

Optometry Department

Information for patients and carers

• Home • Community • Hospital
Caring for you

This leaflet gives you important information if you are new to contact lenses or coming to a contact lens appointment at Warrington Hospital.

Before putting your lenses in

- Always wash and dry your hands before handling your contact lenses.
- Keep your fingernails short to avoid damaging the lenses or your eyes.
- Avoid using hand creams and put make-up on after your contact lenses are in.
- Ensure any eye drops that are used are safe to use with contact lenses.
- If you are using eye drops that are not suitable for use with contact lenses, remove your lenses 15 to 20 minutes before using the drops.

What do I need at home?

It helps to have a clean, flat surface at home that you use each day where you put your lenses in. Do **not** do this over a sink. Keep the following items nearby:

- a clean contact lens case
- your cleaning solutions
- a box of tissues
- a mirror
- your glasses

How do I clean my contact lenses?

Poor hygiene of your contact lenses or lens case can lead to serious eye infections. It is very important to keep these clean.

- Your optometrist will explain which cleaning routine to follow when your lenses are given to you. This will be checked at your follow-up appointment.
- Never use water to clean your lenses or lens case.
- Always speak to your optometrist before changing cleaning solutions.
- Throw away the cleaning solution in the lens case after each wear.
- Rinse your lens case with solution or saline and leave it to air dry.
- If lenses are stored for more than one week, replace the solution.
- Replace your contact lens case every month.

How to put your contact lenses in

1. Prepare the lens as shown during your training.
2. Place the lens on your index finger with the curved side of the lens facing up.
3. Use your middle finger to gently pull down your lower eyelid.
4. Use your other hand to lift the upper eyelid.
5. Look straight ahead and gently place the lens in the centre of your eye.

6. Slowly release your eyelids, starting with the top one.
7. Blink gently to help the lens settle.
8. Check your vision by covering the other eye.
9. Repeat this process for your other eye.

What to expect after putting the contact lenses in

When you first put your contact lenses in, your eyes may feel slightly uncomfortable, watery or look a little red. This usually improves with time.

How long can I wear my contact lenses?

Your optometrist will tell you how long and how often you can wear your lenses. It is important to follow their advice.

When you first start wearing contact lenses, you need to gradually build up the wearing time so that your eyes can adjust.

Wearing your contact lenses for too long is a common cause of problems. Please do not wear your lenses for more than your optometrist recommends.

What is an aftercare appointment?

An aftercare appointment will be arranged to check that your contact lenses fit properly and are not causing any harm.

It is important to attend all contact lens appointments, or your sight may be at risk. Please contact the Optometry Department if you need to change your appointment.

Unless you are told otherwise, please:

- attend wearing your contact lenses
- bring your most recent glasses with you

You may need to wear your glasses instead of your contact lenses after your appointment.

Key instructions

- Follow the optometrist's instructions about putting in and removing your contact lenses.
- Don't let anyone else wear your contact lenses.
- Don't bath, shower or swim in your lenses.
- Don't sleep in your lenses.
- Don't use water to clean your lenses.

When should I seek help?

If your eyes are painful or unusually red, you should **remove your lenses** and seek advice from your optometrist. The Optometry Department is open Monday to Friday, 9am to 5pm.

If you need help outside of these times, please contact a CUES registered optometrist: <https://primaryeyecare.co.uk/find-a-practice>

Or seek advice from 111: <https://111.nhs.uk/>

Contacts and further information

- 01925 662 772 – Optometry Department appointments
- 01925 662 485 – Optometry advice regarding contact lenses
- Open Monday to Friday, 9am and 5pm.

Useful websites

Look After Your Eyes

<https://lookafteryoureyes.org/eye-wear/contact-lenses>

A public eye health resource developed by the Association of Optometrists (AOP). It provides trusted, accessible information about eye care, eyewear, and vision health for the public.

Primary Eye Care Services (CUES)

<https://primaryeyecare.co.uk/find-a-practice>

Find your nearest optometry practice providing the Minor and Urgent Eye Care services

North Cheshire and Mersey NHS Foundation Trust

www.northcheshireandmersey.nhs.uk

The trust's website provides information on hospital services and a range of patient guides that may be useful.