

Contact Lens Care Manual

My wife Jane will tell you that I never read instruction manuals. I once purchased an electrical item and across the box were written the words :-

FOR THOSE TOO IMPATIENT TO READ ALL THE INSTRUCTIONS AT LEAST READ THE FIRST 2 PAGES SINCE FAILURE TO DO SO COULD CAUSE MALFUNCTION, WHICH WILL NOT BE COVERED UNDER OUR WARRANTY!

THIS ADVICE APPLIES ESPECIALLY WITH CONTACT LENSES!

IF YOU WANT TO SAFELY ENJOY THEIR UNSURPASSED BENEFITS THEN, EVEN IF YOU'VE WORN THEM BEFORE, READ THIS AND THE FOLLOWING PAGE VERY CAREFULLY!

EVERYONE HAS HEARD SCARE STORIES ABOUT CONTACT LENSES AND WE WILL BE THE FIRST TO ADMIT THEY'RE ALL TOO OFTEN TRUE.

CONTACT LENSES ARE INCREDIBLY SAFE BUT SOME OF THE PEOPLE WHO WEAR THEM CAN BE THEIR OWN WORST ENEMIES! FAILURE TO FOLLOW OUR PROFESSIONAL ADVICE CAN LEAD TO CATASTROPHES HENCE OUR GOLDEN RULE --

IF IN DOUBT - TAKE THEM OUT AND CONSULT US IMMEDIATELY!!

WE HAVE TWO SLOGANS WHICH WE TAKE VERY SERIOUSLY.

"Healthy Eyes are Beautiful Eyes" & "We Sell After Care NOT Contact Lenses".

Since we opened our Specialist Practice in 1973 these have been our bible! We have over 20,000 patients to testify to the merits of our Contact Lens Service which is uniquely different to anything available in the West Midlands if not the whole of the U.K..

WITHOUT EXAGGERATION THOSE THAT TAKE THEIR LENSES FOR GRANTED AND DON'T ATTEND AT LEAST ANNUALLY FOR CHECKS SIMPLY PUT THEIR EYES AT RISK!

WHETHER YOU WEAR CONTACT LENSES, GLASSES OR NOTHING, IF YOU NEGLECT YOUR SIGHT YOU COULD REGRET IT - A FULL SIGHT TEST AND EYE EXAMINATION SCREENS FOR INTERNAL EYE DISEASE AND THE SIGNS OF THE MANY GENERAL HEALTH PROBLEMS OFTEN FIRST SEEN AT THE BACK OF THE EYES.

IT IS THEREFORE NOT ONLY VITAL BUT OUR LEGAL OBLIGATION TO ADVISE YOU TO HAVE A FULL SIGHT TEST EVERY 2 YEARS!

Note that this 2 yearly Sight Test and Eye Examination is a completely different procedure to a Contact Lens After Care check and many patients sensibly have a Sight Test and Contact Lens check together once a year!

THE SECRET TO SAFE CONTACT LENS WEAR IS COMPLIANCE WITH ALL OUR ADVICE, THE USE OF THE ADVISED CARE PRODUCTS AND, MOST IMPORTANT OF ALL, A CONTACT LENS AFTER CARE CHECK AT LEAST ONCE A YEAR.

Lenses can become unsafe because of fitting changes or lens damage can occur without the wearers notice. Our checks search for any potential problems. Many bugs (just like those that give us flu) can potentially cause problems if the lenses and front surface of the eye are not perfect at all times-proper hygiene is therefore vital.

But we sell after care NOT Contact Lenses which is what Keeps Your Eyes Healthy and Beautiful.

A FEW OF THE MOST IMPORTANT FACTS YOU SHOULD APPRECIATE

- No one leaves our Practice unless their lenses are fitting as we want.
- Contact Lenses don't fit the eye but float on the tear film, which flows across the front of the cornea.
- Tears change - hopefully so your lenses settle down as we intend
- We cannot control YOUR tears and they don't always oblige us by settling in the way we want - we can at least control your lenses.
- Tears vary daily - more in the morning less in the evening! They can change in different room conditions, during the female monthly cycle, because of drug therapy, pregnancy, or sometimes simply for no obvious reasons.

Adaptation is complex and skilled aftercare is vital to achieve our joint goal -
THE FREEDOM AND PLEASURE OF SPECTACLE FREE VISION WITH ALL THE ENJOYMENT
AND PLEASURE THAT WEARING CONTACT LENSES BRINGS!

ADAPTATION, WHAT IS IT?

Proper Contact Lens fitting demands precision measurements, sophisticated equipment, considerable time and expertise. As Specialists we use only the most up to date and technologically advanced equipment. The eye is unpredictable so occasionally adaptation is not as smooth as we expect. The initial lenses may need modification or perhaps to be changed to a completely different fit or material - the fact that we fit every quality lens available means we virtually always have lenses for the most complex eye!

ADAPTATION - Some useful advice

- A patient who has worn Contact Lenses before is often more likely to experience difficulties during adaptation - usually this is the result of corneal distortion from old lenses.
- Wearing times - the recommended times are listed at the back of this booklet. Always keep as close to our advice as possible. Never use "brute force" - if the lenses are unbearable take them out. Gentle persuasion, shorter wearing times or several periods of wear during each day can do more to smooth the adaptation phase than simply attempting to force the eyes to tolerate a lens which is not settling as quickly as hoped. .

YOUR CARE PRODUCTS

NEVER EVER change any care products without our advice!

Serious lens or, worse eye damage frequently results from patients using the wrong solution.

Don't even change if another Optician says it is O.K! They won't know how your eyes will react to a change or whether the product could damage the material from which your lenses are made.

The wearer will be responsible for the cost of new lenses or additional aftercare visits caused by unauthorised changes of solutions.

HYGIENE REGIME CLEANING AND DISINFECTION

The hygiene regime for your particular lens form can be found at the back of this booklet. No Contact Lenses should EVER be placed upon the eyes unless absolutely clean and disinfected.

Regardless of whether we wear glasses, Contact Lenses or nothing, dangerous bacteria exist naturally in the environment and these can, given the right conditions, severely damage the eye. Wearing Contact Lenses places you at no greater risk assuming that you always adhere to all sensible precautions regarding cleaning and disinfecting your lenses and attend to all the aftercare advised.

CLEANING

- removes all the debris from the lenses. There are essentially two sources of lens contamination. Firstly natural secretions of the eye, the tears and eyelids, and secondly, foreign contaminants which may get onto the lenses. From the tears deposits of protein, calcium or lipids can accumulate. From the every day environment virtually anything can get on, and into the lenses, the most common being make-up, pollution from cigarette smoke, traffic fumes, aerosol sprays and also oils from the skin or dirt from the hands etc.

DISINFECTION

- is the process of killing all harmful bacteria and germs which can get onto or into the lens material during the normal course of wear and disinfection MUST be carried out every night on lens removal.

IT IS IMPORTANT TO UNDERSTAND THE DIFFERENCE BETWEEN CLEANING AND DISINFECTION.

CONTACT LENSES AND TAP WATER

You may be aware of the publicised research which links eye infection in contact lens wearers with contaminated lens storage cases.

Recent research has indicated that this condition can occur as a result of using tap water direct from the tap to rinse lenses or storage cases.

The organism, which can cause the infection, can be present in tap water and once introduced into the lens storage case can be transferred on to the lens itself and into the eye.

The risk of infection is low and the condition is described as rare. However to minimise the risk even further we strongly recommend the following :-

- Always wash and dry your hands before touching your lenses.
 - Never use water direct from the tap to rinse your lenses or storage case.
 - Always rinse your storage case after use with freshly boiled and cooled water or a sterile saline solution, and allow to air dry.
 - Change your lens storage case regularly as recommended by your practitioner.
 - Always use your lens care solutions as prescribed, and in accordance with the manufacturers instructions.
 - Do not change your solution type or brand without advice from your practitioner.
- Visit your practitioner for regular contact lens aftercare .

BLINKING

Probably the most important part of adapting to Contact Lenses is learning to blink correctly when wearing them. Blinking pumps tears from the lacrimal gland in the upper eyelid across and under your lenses, so providing the oxygen your cornea needs for safety and good

vision. The cornea is the only part of the body that obtains its oxygen directly from the atmosphere.

TEARS - DRY EYES

Contact Lenses float on the tear layer so if tears dry up too much comfort and vision may change. It is especially important to remember not to stare for long periods - this often happens when engrossed in concentration such as when driving or viewing a VDU screen. If your eyes get particularly dry then we may advocate the occasional use of wetting eye drops but you must NEVER use these unless specifically recommended by us since the incorrect drops could cause damage to your eyes and lenses.

CLEANLINESS

After properly disinfecting your Contact Lenses all the efforts will have been pointless unless your hands are clean. You must always wash your hands thoroughly in soap and water, rinsing them off well to ensure no soap remains. It is advisable to dab your hands dry on a fluff free towel to avoid any particles getting onto the lens. We strongly recommend that you work on a flat surface, with plenty of light and towel spread out in case you drop a Contact Lens to reduce the risk of damage.

REPLENISHING YOUR STOCK OF SOLUTIONS.

Solutions have a long shelf life - stock-up when you are in the practice so you don't run out of the correct product for your lenses. Remember, your discount card means you can buy your care products cheaper from us than elsewhere.

In an emergency if you run out simply telephone us and we will post solutions to you either upon the receipt of a cheque or a Charge Card number.

Old solutions - Opened solutions should be discarded after 30 days. Bacteria can get into opened bottles and can cause serious infections which can mean stopping Contact Lens wear for a long period.

INSPECTING LENSES BEFORE INSERTION

It is vital to establish a set routine of checking each lens before insertion. If your lenses have identifying marks to distinguish right and left you should never assume that they are in the correct side of the case but always check the markings.

It is dangerous to wear any lens which is not in perfect condition even though, for example, a small nick in the edge of a soft lens or scratches on a rigid lens may still allow them to be worn. If rigid lenses show any scratches you must not wear them but bring them in for us to check. It may be necessary for the lenses to be polished or replaced. With soft lenses slight discolouration, usually yellowish, is not unusual but if it is apparent when the lens is on the eye or affects their performance, you should seek our advice immediately.

The tears contain proteins, calcium and lipids, which can accumulate on your lenses. Protein removing agents help remove protein deposits but, if a lens has an obvious protein on it, it should not be worn because this could cause allergic lid reactions. Calcium or lipid deposits appear as white blobs on the lens surface, if these deposits are large enough they may reduce comfort.

If you are ever unsure about the condition of your lenses please bring them to us to be inspected.

DAMAGED LENSES

All lenses can be damaged and it is usually the wearer that does it! Resistance to damage varies depending on the properties of the material. The highest risks of damage is during the first few weeks when patients may be less confident. After this the chance of damage drops but rises again as patients may get over confident, forget the basic rules or develop bad habits.

Occasionally a lens, usually soft, may split or break whilst being handled correctly. A Contact Lens obviously cannot damage itself so why, when being properly treated can it happen? The simple answer is that at some time previously slight damage was caused - usually a minute edge nick or a hairline split. Such damage often goes unnoticed for weeks because it may not affect the comfort. If however a soft lens is folded 'down the line' of existing damage the lens will simply fall apart although at the time it was being correctly handled!

Unfortunate accidents can happen. This is why we strongly advise patients to cover their conventional lenses under our Replacement Scheme to cushion themselves from the full cost of replacing a lens which is either accidentally damaged or lost.

SOFT LENSES THAT DRY OUT

A soft lens exposed to the air goes hard, curling up into a crinkled ball, hence appearing useless for ever more! Treated without panic it is usually completely undamaged assuming it is carefully placed in an open container (e.g. an egg cup or saucer) in saline. After approximately 2 hours it should have regained its normal softness but, before insertion, it must be cleaned, disinfected and examined very carefully for any signs of damage.

UNDER NO CIRCUMSTANCES SHOULD. A SOFT LENS BE PLACED ONTO THE EYE STRAIGHT FROM TAP WATER BECAUSE THE SHAPE OF THE LENS WILL BE INCORRECT AND THE LENS COULD ACTUALLY STICK TO THE EYE.

LENSES STICKING TO THE EYES

A lens may occasionally be difficult to remove because it has tightened on the eye, either because of the use of an incorrect solution or shortage of natural tears. The vital rule is to ensure that the lens is still on the cornea! People have occasionally tried to remove a lens which they either forgot to insert, which slipped under the eyelid or had been accidentally dislodged and fallen out.

Assuming the lens is in position then a liberal application of saline in an eye bath (or, in an emergency, tap water with a pinch of salt) should loosen the lens, it should then be disinfected before re-wearing.

DROPPING LENSES

Should this ever happen DON'T PANIC but follow a sensible routine.

DON'T MOVE. Lost lenses are most frequently damaged, not by the fall, but by feet, so look around to ensure that you're not about to tread on your lens!

First examine your eye carefully to be certain that it has not gone onto the white of the eye, That it is not resting under the top eyelid where it could stay without any sensation. If the lens is not there remove the lens in your other eye and, with your glasses on, carefully search the area remembering that a wet lens can actually stick to clothes and vertical surfaces. Should a lens repeatedly fall out, contact us for a check up in case any modification is possible to the fitting. Risk of loss is highest during initial adaptation because of extra tears making the lens more mobile and the pressure from the eyelids which are unused to lenses.

GENERAL HEALTH

Even the most successful Contact Lens wearer may occasionally notice that changes in general health can affect the comfort and performance of their Contact Lenses.

Both the eyes and Contact Lenses can be affected by general health, tiredness, stress, colds, pregnancy, hormonal changes, problems with sinuses, teeth or gums, the use of various prescribed or non-prescribed drugs (including alcohol) etc.

If you experience any problems possibly related to your general health you should stop wearing your lenses for a couple of days and then continue on a reduced wearing schedule but, if the difficulties do not disappear, you should contact us for advice.

LENSES UNCOMFORTABLE ON INSERTION

If a lens is uncomfortable there may be various reasons. Assuming it's in perfect condition it may be that a foreign particle is trapped under it, or, in the case of a soft lens, the lens could even be inside out!

The tear film often contains debris discarded by the eyelids, which can get trapped beneath a lens which can create irritation. Rigid lenses, should be removed, re-wetted and re- inserted. Soft lenses can be moved gently off centre towards the ear with the finger tip. When recentred this will usually have removed any foreign body. If discomfort remains the lens must be removed, re-cleaned, wetted and re-inserted.

EYE MAKE-UP

We advise you to apply eye make-up after inserting your lenses because you will see more clearly what you are doing. The wrong kind of eye make-up can contaminate lenses, particularly soft lenses which can absorb many substances. We advise the use of specially formulated make-up but, if you prefer to use your own brand, you should make sure that the dyes are water soluble so they cannot permanently stain or discolour your lenses. Mascara should be chosen carefully to ensure that it is one that will not easily fall into the eyes, it could get under the lenses and cause severe irritation.

HAIR WASHING AND SHOWERS

It shouldn't be necessary to remove your lenses whether rigid or soft, assuming sensible precautions are taken. You must avoid water getting into your eyes but if any does you should gently dab the lids and surrounding area with a fluff free towel - under no circumstances should you rub the eyes whilst wearing Contact Lenses. If soapy water gets into the eyes it will be diluted by excess tears, but if irritation persists, remove the lenses, clean and re-insert them. If they are still uncomfortable remove them until you can obtain our specialist advice.

SWIMMING IN CONTACT LENSES

It is safe to wear Gas Permeable Lenses for swimming but they are NOT covered by any Replacement Scheme - the risk of them being washed out and lost, being greater. For rigid lens wearers we fit economically priced SOFT lenses specifically suitable for,occasional swimming.

Some soft lens wearers swim in their lenses although the risk of loss is increased. You should not swim under water with your eyes open and we recommend that, after swimming, any water around the eyes should be removed by smoothing the finger tips over the closed lids to ensure that the lenses are secure. Some soft lens wearers prefer to invest in a tighter fitting spare pair to use just for swimming.

AIR TRAVEL

A few wearers may experience difficulties in the dry environment of an aircraft. We strongly recommend that, if you intend to travel wearing lenses, you keep your Contact Lens case and spare glasses with your hand baggage, just in case they become uncomfortable. Having said this we have many patients who are Air Line pilots and flight assistants who wear Contact Lenses on duty every day of the week!

SAUNAS AND SUNBEDS

On sunbeds normal protective goggles should be worn and the lens performance should not significantly change.. In a sauna lenses may tend to dry up a little but, assuming they are permeable to oxygen, they are unlikely to cause any problem. We recommend that, if when wearing lenses in a sauna they tend to tighten or dry on your eyes you have some wetting drops, obtainable from us to moisten the lenses and soothe the eyes.

SPARE PAIRS OF GLASSES AND CONTACT LENSES

WE CANNOT EMPHASISE ENOUGH THE IMPORTANCE OF MAINTAINING A GOOD SPARE PAIR OF GLASSES FOR EMERGENCIES - imagine trying to continue your normal routine without good vision!

We offer a discount off spare pairs of glasses and Contact Lenses if supplied within the first 6 months. It is reassuring to know that at all times you have something to fall back on.

YOUR CHILDREN'S EYES

Frequently children inherit their parents error of vision so with our Computerised Auto Refractor, we will always try to screen your children's eyes if you bring them with you for your Annual Check-ups. 'The Screening Test' carried out by the School Nurse, is only very basic and can easily miss significant errors which corrected early enough, could make the difference between a child enjoying perfect, rather than impaired vision, for the rest of their lives.

Any child who needs spectacles full time is a suitable candidate for Contact Lenses you should not be misled into thinking there is any age limit for Contact Lenses - either young or old. Many children only months old who have progressive short sight are fitted in Eye Hospitals. Patients of over 80 are regularly fitted with Contact Lenses, especially following cataract operations.

SOME POINTS TO PONDER

- Virtually no eye is too complex or too dry for us to fit - thousands believe themselves unsuitable for these reasons. Today we design lenses to correct nearly every error of vision regardless of how peculiarly shaped or how demanding the ocular chemistry.
- Remember, for us the scope of Contact Lenses is now unlimited! Many patients being totally unaware of the existence of any specialist practice such as ours have their FIRST pair of lenses from their normal Optician - if they work they are happy - if they don't some discover US!
- Remember we fit everything from the most basic rigid lens to bifocals and soft lenses for astigmatism that can be slept in on the very first day.
- If you know anyone who has tried and failed please ring us with their name and address so that we can post them our colour brochure where they can find out more about us. Hopefully

this will persuade them to arrange for a FREE TOLERANCE TRIAL so that we can prove that they really could enjoy the freedom and advantages of Contact Lenses.

We have a broad range of FACT SHEETS - please visit the Factsheets page of our website for more information.

YOUR WEARING SCHEDULE AND HYGIENE REGIME

YOU MUST NEVER CHANGE ANY OF YOUR CARE PRODUCTS WITHOUT SEEKING OUR ADVICE. IF YOU DO, ANY RESULTING DAMAGE TO YOUR LENSES OR EYES WILL BE YOUR RESPONSIBILITY.

WEARING TIMES.

YOUR MAXIMUM WEARING TIMES SHOULD BE AS BELOW

DAY 1 HOURS

DAY 2 HOURS

DAY 3 HOURS

DO NOT ADD MORE THAN HOURS PER DAY THEREAFTER.

CLEANING AND DISINFECTING PRODUCTS.

For OVER-NIGHT disinfection:

For Surface cleaning:

For Wetting before insertion:

For Protein removal:

For in-eye wetting drops:

COLLECTION DECLARATION

1) I have been given a copy of The Instruction Book. I will read this and understand the importance of following all the advice therein.

2) I have been shown how to handle and care for my lenses and am satisfied I can insert and remove them.

3) I understand that I must never use any care products other than those specifically recommended by THE CONTACT LENS PRACTICE which are noted in the instruction book.

4) I accept that if I cause myself eye or lens damage by failure to follow all the advise given I can not hold THE CONTACT LENS PRACTICE responsible and the cost of any replacement lenses or extra practice visits will be my responsibility.

5) I have been advised that there are risks to wearing Contact Lenses if they are not handled correctly or if aftercare checks are neglected.

6) I understand that if I experience any unusual or excessive discomfort, red eyes or visual disturbance I must immediately stop wearing my lenses and seek professional advise from THE CONTACT LENS PRACTICE / G.P or a deputizing locum.

7) I understand that any lenses loaned to me by THE CONTACT LENS PRACTICE must be returned within seven days of their request, failing which, I undertake to pay the cost thereof. Our professional services will be with drawn in the event of non-payment of any of our accounts.

The Collection Declaration to be signed on my clinical record acknowledges that I have read and understood all the preceding precautions.