



Patient information – contact lens service

Care of your mini-scleral contact lenses

Please read this leaflet carefully as it will instruct you on how best to take care of your mini-scleral contact lenses. If there is anything you do not understand in this leaflet, please contact us using the details below:

Phone: 020 7566 2100, Monday–Friday, 9am– 5pm

Email:
moorfields.contactlenses@nhs.net

Visit: Clinic 4, contact lens reception desk (Monday to Friday, 9am–

- To minimise the possibility of mixing your lenses up, it is a good idea to get into the habit of always inserting and removing the same lens first.
- Use the care system or the correct cleaning solutions recommended to you in the clinic.

Please remember not to do any of the following:

- Do not rinse your lenses and case with tap water as this can increase the risk of eye infections.
- Never shower or bath with your lenses in.
- Do not sleep with your lenses in (unless you have been advised to by your contact lens practitioner).
- Avoid swimming with your contact lenses in. This is due to the risk of infection from the water.
- Prescription swimming goggles and other options may be available. We advise you discuss this with your contact lens practitioner.

How can I best take care of my contact lenses?

- Wash and dry your hands thoroughly before inserting or removing your lenses.
- Take care not to catch the lens or your eye with your fingernails – it is good practice to keep them short.
- Work over a clean, flat surface.
- Use saline solution to rinse your lenses and case.



Figure 3a



Figure 3b

7. Once the lens is on your eye, check the lens on your eye using a mirror to ensure there are no air bubbles under the lens. If there are bubbles present you will need to remove it and re-insert it.
8. If you wear a lens in the other eye, repeat steps 1-7 for the second lens.
9. Throw away the solution from your case, rinse it with saline

solution and leave it upside down on a clean surface to air dry.

Inserting your contact lenses - method two

1. Using your preferred hand rest the mini-scleral lens on two fingers: the index finger and the middle finger pressed closely together. See figure 4 below.

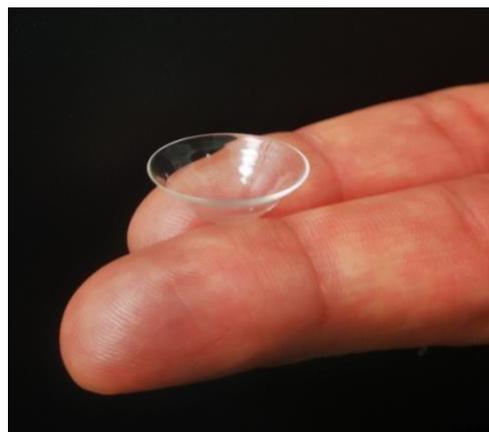


Figure 4

1. Fill the lens with preservative-free saline (Amidose, AMO Lens Plus Saline).
2. Lean forward and look down at the floor. Sometimes it's helpful to place a mirror flat on the counter to look into as you insert the lens.
3. Use your other hand to hold open eyelids by pulling down the lower lid with your thumb and pulling up the top lid with your forefinger.
4. Gently place the lens on your eye while firmly holding both eyelids in position. Try to keep both eyes open without blinking. It is very important not to push the lens too forcefully

onto the eye.

5. Once the lens is on your eye, check the lens on your eye using a mirror to ensure there are no air bubbles under the lens. If there are bubbles present you will need to remove it and re-insert it.
6. If you wear a lens in the other eye, repeat steps 1-7 for the second lens.
7. Throw away the solution from your case, rinse it with saline solution and leave it upside down on a clean surface to air dry.

If you have been advised in clinic to use a different method to insert your lenses, ensure you follow those recommended instructions.

Removing your contact lenses

After you remove the contact lens from your eye, it must be cleaned before it is put into the storage case to remove the microbes and deposits that have built up on the lens during the day.

Removal method – with a suction holder

1. Draw the upper eyelid up with the fingers of your non-preferred hand.
2. Pull the lower lid down with the middle finger of your preferred hand - place the suction holder on the lower third of the mini-scleral contact lens (see figure 5 opposite).

It is imperative that the suction holder is not placed directly onto the surface of the eye.



Figure 5

3. Pull gently away from the eye to remove the lens.
4. Remove the suction holder from the lens by gently sliding it off the lens. **Never attach the suction holder to the centre of the lens and pull.**

Alternate removal method –

1. Looking slightly down, draw the upper eyelid up, from where the eyelashes begin, with your index finger. Hold the eyelid directly against the eyeball so that the eyelid is directly above the upper rim of the lens.
2. Press the edge of your upper eyelid against the eyeball beneath the contact lens to release the suction (see figures 6a and 6b on the next page).

Cleaning your contact lenses

If you have been advised in clinic to use a different method to clean your lenses, ensure you follow those recommended instructions.



Figure 6a



Figure 6b

3. Then tighten the lid by drawing your finger towards the temple to eject the lens from your eye. Catch it with your other hand, or do this over a table covered with a towel to prevent the lens from falling onto the floor.

If you have been advised in clinic to use a different method to remove your lenses, ensure you follow those recommended instructions.

1. Place the lens into the palm of your hand and put two or three drops of the cleaning solution (Oté cleaner) onto the lens.
2. Rub the lens all over gently but firmly with the little finger of your other hand for approximately thirty seconds.
3. After rubbing the lens, it is essential to rinse it with saline solution or multi-purpose solution.
4. Fill the storage case with fresh multi-purpose solution and place the lens into the correct side of the storage case. Please note: this solution must be changed on a daily basis.
5. If you wear a lens in the other eye, repeat the steps above. Leave your contact lenses in the closed case to soak overnight or for a minimum of six hours.

Cleaning your contact lenses case

Eye infections can happen due to not cleaning your contact lens case properly. Once you have put your lenses in, throw away the solution from your case, rinse it with saline solution and leave to air dry. Replace your contact lens case with a new one every month.

