

# Contact Lens Guide

If a patient is unable to report their eye history, always check eyes for contact lenses and consider removing if the patient is unable to do so themselves. There are various different types of lenses: some disposable and some for long term use. It is useful to try and find out the type of lens including any after care regime before attempting to remove.

- Always wash your hands before touching the eyes or contact lenses.
- If you / your patient uses a contact lens case, ensure that it is clean and contains fresh solution or saline. **Never use tap water.**

## Removing contact lenses

The simplest method is to simply pinch the lens gently off the eye.

- Place your first finger and thumb on opposing sides of the contact lens and slide it down onto the white of the eye
- Pinch the lens gently off the eye, taking care not to squeeze it too hard
- Place the contact lens into a suitable case if possible or store in saline. For disposable lenses, the lenses may be thrown away.



## Putting contact lenses back in

This should only be considered if the patients' usual cleaning regime for the lenses has taken place. If a patient has spectacles / glasses as an alternative, these should be considered where daily care of the contact lens is not possible.

Contact lenses should not be worn for longer than advised for the particular contact lens type. If there are any doubts, attempts should be made to speak to the patients' relatives and / or optometrist to find out as much as possible about the lens wear.



Courtesy of VISION research unit