



Figure 3b

7. Let go of your **lower** eyelid first and then gently close your **top** eyelid.
8. Once the lens is on your eye, close your eyes slowly and blink a few times. 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 and re-insert the lens.
9. If you wear a lens in the other eye, repeat steps 1-7 for the second lens. Throw away the solution from your case, rinse it with saline solution or Opti-Free Replenish 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, please 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 one

(Please note this method should not be used for the 'Cantor Hybrid' lens)

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. With dry fingers (of the same hand), place your thumb and index finger at the bottom of the soft skirt at the 5 & 7 o'clock position (see figure 4 below).



Figure 4

3. To remove the lens, gently pinch the soft skirt with your thumb and index finger (never with your nails). Keeping the pads of your fingers together as you pinch, apply a firm enough pinch to cause bottom edge of lens to buckle thus allowing air to get beneath soft skirt to release lens from surface of eye.

forefinger as this can damage the hybrid lens.

4. Fill the storage case with fresh Opti- Free Replenish 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 four 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 or Opti-Free Replenish and leave to air dry. Replace your contact lens case with a new one every month.

Blinking

Blinking correctly is very important while wearing contact lenses. After inserting your contact lenses, a few gentle blinks should make the lenses feel more comfortable. You should look straight ahead and completely close both eyes slowly and gently, and then re-open after a slight pause. For the first few days of contact lens wear, you should ideally aim for 30 to 40 blinks per minute.

Remember:

- A contact lens **cannot** go behind your eye. If you cannot

find the lens in your eye, see a member of the **contact lens clinic staff** or your local **contact lens practitioner** (optometrist or ophthalmologist).

- If you wear make-up, insert your lenses **before** putting on your make-up and remove them **before** taking your make-up off.
- To keep your eyes in good health, make sure that you regularly attend your contact lens and eye exam appointments.

In the case of an emergency

If your eye suddenly becomes red, painful or your vision worsens, go to Moorfields A&E department in City Road (open 24/7 for emergency eye problems only). Please make sure you do not wear your lens.

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Moorfields Eye Hospital NHS Foundation Trust
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline
Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm



Saturday, 9am-5pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324 or 020 7566 2325

Email: moorfields.pals@nhs.net

Opening hours: Monday to Friday, except bank holidays

Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right. For more information about your rights and responsibilities, please visit the Moorfields website and search '[Referrals to treatment \(RTT\)](#)'. To learn more about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

