



# SOFT LENSES

## PATIENT HANDLING GUIDE

**It is important to read this leaflet before inserting your soft contact lens. The information summarises the important points about the contact lens. If you have any further questions, please talk to your Eyecare Professional.**

### **Product Description**

Soft Contact Lenses are supplied as a sterile medical device that are dispensed in a vial that contains a sterile soaking solution. It is recommended to clean and re-soak the lenses in a soft contact lens cleaning solution before initial insertion.

### **Indications and Wearing Instructions**

Soft lenses are indicated for daily wear and should not be worn for longer than 12-14 hours in a 24 hour period. If the lenses are causing discomfort from wearing for that period time, consider reducing the wearing time, inserting lubricant eye drops or discussing a material change with your Eyecare Professional.

### **Contraindications**

**Do not use the contact lenses in any of the following conditions. If you have any questions related to the points below please talk to your Eyecare Professional.**

- Acute and sub-acute inflammation (redness), or any discomfort or pain of the eye
- Any disease, injury or abnormality that affects the cornea, the conjunctiva, or eyelids that is not indicated for a soft lens
- Corneal hypoesthesia (reduced corneal sensitivity with medication or steroid use)
- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses
- Any active corneal infection (bacterial, fungal, or viral).
- If eyes become red or irritated
- Use of any medication that is contraindicated or interferes with contact lens wear, including ocular medications
- Incomplete corneal healing following eye surgery

## **Warnings**

### **You should be advised of the following warnings relating to contact lens wear:**

- Do not ingest the contact lens or solution the contact lenses are soaking in.
- If the vial is damaged, opened or the parameters cannot be read, do not wear the contact lenses. Contact your Eye Care Professional immediately.
- Open the vial carefully as the edges can be sharp.
- If the contact lens is chipped or broken, do not insert the contact lens. Contact your Eye Care Professional
- Parameters of your contact lens should not be changed unless you have consulted with your Eye Care Professional.
- Tap water, distilled water, homemade saline solutions, or saliva should NOT be used at any time with contact lenses. The use of tap and distilled water has been associated with Acanthamoeba keratitis, a corneal infection that is resistant to treatment and cure.
- Problems relating to contact lens wear can result in serious injury to the eye. It is imperative that you listen to your Eye Care Professional's recommendations, and read the labelling instructions for appropriate use of the contact lens(es).
- Eye problems, including corneal ulcers can develop rapidly and lead to loss of vision.
- If eye discomfort, excessive tearing, vision changes or redness of the eye is experienced, remove the lenses immediately and call your Eye Care Professional promptly.
- Contact lenses are not to be stored in the lens case with water or any non sterile solution. Only use soft lens solution so it does not contaminate the lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.
- If there is a mix up with another of your contact lens, contact your Eye Care Professional immediately.

## **Precautions**

- Do not use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- Only use solutions recommended for soft contact lenses.
- Contact lenses should never be shared between users.
- Always wash your hands thoroughly and rinse well, before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, aerosol products or hair sprays in the eyes or on the lenses. It is best to insert lenses before applying make-up. Water-based cosmetics are less likely to damage lenses than oil-based products.
- Seek advice from your Eye Care Professional if your lens(es) needs to be stored for extended periods.
- Avoid all harmful or irritating vapours and fumes while wearing contact lenses.

## **Adverse Reactions**

### **If any of the following problems occur:**

- Eye stinging, burning, itching or any other eye discomfort or pain.
- Continuous foreign body or scratching sensation
- Excessive tearing, unusual eye secretions, redness, reduced visual acuity, blurred vision, halos, photophobia, or dry eyes

Immediately remove your contact lens(es) and inspect it carefully. If the lens is damaged, place the lens in your contact lens case and call your Eye Care Professional. Do not re-insert the lens.

If the lens appears undamaged, but looks dirty, has an eyelash or other foreign body on it, thoroughly clean the lens with a daily cleaner, rinse with saline before reinserting it. If the problem persists, remove the contact lens, and consult your Eyecare Professional. A serious condition such as infection, corneal ulcer, corneal neovascularization, or iritis may be present, and may progress rapidly. Less serious reactions such as abrasions, epithelial staining or bacterial conjunctivitis must be managed and treated carefully to avoid more serious eye damage.

## **Caring For Your Lens**

### **Personal cleanliness for lens handling**

Always wash, rinse and dry your hands thoroughly before handling your lens(es)

### **Opening the Vial:**

Do not use the lens if the vial is damaged or the parameters on the label cannot be read. To open an individual vial

- Screw open the lid, or peel the tab off the vial where you will find one soft contact lens.
- Remove the contact lens carefully and look at the lens following the handling instructions.

### **Handling the lens**

It is recommended to always work with the same lens first to avoid any mix-up.

- Remove the lens from the case and examine to make sure the lens is not chipped or there are any foreign bodies.

### **Placing the lens on the eye**

Your Eye Care Professional will discuss and provide you with a detailed process for lens insertion, but a suggested procedure is as follows:

- Place the lens either on the tip of your forefinger of your dominant hand, concave side up.

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- Place the lens either on the tip of your forefinger of your dominant hand, concave side up.

- With your non-dominant hand, hold your top eyelid open with your forefinger and with your dominant hand use your middle finger pull down your lower eyelid
- Look straight into the mirror and in a fluid motion bring the lens to the surface of the eye. Gently place the lens on the cornea, while maintaining the downward looking position. Do not press the lens against your eye too firmly.
- Release the eyelids and gently blink as you withdraw fingers or the DMV sucker.
- Repeat this procedure with the other lens.

**Note: If your vision is blurred after lens insertions, check the following**

- Look into a mirror and observe if any air bubbles are present. If so, remove the RGP lens and repeat the insertion process.
- The lens surface is not dirty
- Ensure the correct lens is in the correct eye
- If any of the above occurs, clean the lens and rinse with saline before reinserting it into the eye. If your vision is still blurred, remove the lens, and contact your Eye Care Professional.

**Removing the lens**

- Use your index finger of your dominant hand to touch the lower edge of your lens
- Slowly slide it down toward the bottom of your eye.
- Gently squeeze the lens between your thumb and index finger to successfully remove the lens from your eye

**Caring for your lens**

It is important to follow the lens care regime recommended by your Eye Care Professional. You will be provided with a recommended cleaning and disinfecting regime. Heat disinfection is not recommended.

- Never use eyecare products that are not recommended by your Eyecare Professional
- Do not use tap water for cleaning and the maintenance of your contact lenses and contact lens case.
- Do not use saliva or any products for cleaning, disinfecting, and rinsing other than those recommended by your Eyecare Professional
- Always store your contact lenses completely immersed in contact lens solution when the lens(es) is not being used
- The contact lens case should be emptied, cleaned, and rinsed with eyecare products recommended by your Eye Care Professional and air dried between use.
- Change the contact lens case each time you start a new box of solution.



# Cleaning Your Lens

## **Peroxide/ Iodine Solutions**

Place the Soft Lens into the case provided and fill the case with either the Peroxide or Iodine-based solution. Add the neutralising tablet, and then tighten the lid. A peroxide solution needs the lens(es) to be soaking in the solution for a period of 6 hours, while iodine solution requires 4 hours. If using iodine-based solutions, it is imperative that the lenses are rinsed with Saline prior to insertion.

## **Daily Lens Cleaner**

Some patients will be required to use a daily cleaner on your soft lens, as well as the soaking solution. The lens needs to be placed in the palm of your hand, with a drop of the daily lens cleaner being instilled into the bowl of the lens. Rub the lens gently until the liquid foams. Rinse off with Saline (pH 7) and then place the lens into the soaking solution overnight.

## Handy Tips

- Every time you start a new lens solution, replace the lens case.
- Avoid touching the tip of the lens solution as this can cause contamination
- Contact your Eyecare Professional if the lens breaks, chips or there is any damage to the lens surface.
- If the lens lands on a flat surface, carefully slide it off to the edge of the surface or use a DMV Soft Lens Handler to remove it from the surface.
- When cleaning the lens, little force is required to clean the soft lens. Using excessive force can cause the lens to break.

If you have any queries or concerns regarding your Soft Lens please contact your Eyecare Professional.

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