



## Patient Instruction Booklet

C4 Sightcare  
OPTOMETRISTS

# WEAR TIME

## RECOMMENDATIONS FOR NEW CONTACT LENS WEARERS

The table sets out the length of time you can wear your lenses in the first few weeks. You will probably feel that you can wear your lenses longer than specified. Please follow the schedule precisely. It is helpful to the Eye Care Practitioner to record your impressions of the lenses in the comments column. DO NOT exceed 12 hours wear per day before your next appointment.

LENS TYPE		
PATIENT NAME		
DAY	HOURS	COMMENT
1	4	
2	6	
3	8	
4	10	
5	12 MAX	
6	12 MAX	
7	12 MAX	
8	12 MAX	
9	12 MAX	
10	12 MAX	
11	12 MAX	
12	12 MAX	
13	12 MAX	
14	12 MAX	

# Thank you for choosing C4 Sightcare

We hope you will be happy with your new contact lenses. At C4 Sightcare we have many years experience in fitting all kinds of contact lenses. You can rely on us to give unbiased advice on what will best suit your needs.

## ABOUT THIS BOOKLET

This booklet explains how to wear and care for your new contact lenses. If you have questions about your lenses after reading this booklet, please do not hesitate in contacting the practice.

While wearing your lenses, your eyes should look well, feel comfortable, and your vision should be clear.

However, it is important to continue regular scheduled visits with your eye care practitioner even though your lenses feel comfortable. Routine follow-up visits help prevent problems. Only a thorough examination by your eye care practitioner can determine how your eyes are responding to contact lenses. Early signs of a problem can be detected and treated before they can be felt by you.

## Your Prescription

Right Lens Power and Base curve
------------------------------------

Left Lens Power and Base curve
-----------------------------------

Your Follow-up Visits are due:

1.
----

2.
----

--

# TO INSERT

## YOUR NEW CONTACT LENSES

**Step 1 - Wash, rinse, and dry hands.** Always wash your hands before handling your lenses. This will remove dirt and oils that could get on the lenses. Proper hand-washing also helps prevent eye infections. Use a soap which is free of oils, lotions or perfumes, and a towel free of lint.

**Step 2 - Open the lens blister pack.** Each contact lens is supplied sterile in a sealed blister package. Use the lens only if both the pack and printed foil are intact!

The foil is marked with the lens power (your vision prescription). Lens powers may not be the same for both eyes, so be sure to open and use the correct lens for each eye. To avoid mixing up lenses, always begin with the same lens (right or left).

When opening a blister pack:

- Peel back the foil lid, with the forefinger, gently slide the lens out of the pack.
- Avoid use of tweezers or other tools to remove the lens from the pack. This could damage the lens.

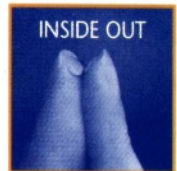
**Step 3 - Inspect the lens.** Place the lens on the tip of your index finger and hold it up to a light source. Be sure it is clean, moist and does not have any nicks, tears or particles sticking to it. If the lens appears damaged or dried out, do not use it, discard it and use the next lens in the multipack.

#### Step 4 - Make sure the lens is the correct way round.

Check to see that the lens is the correct way round. A lens that is placed on the eye inside out may not feel comfortable or provide good vision.

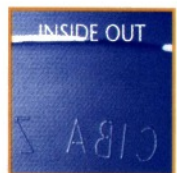
#### Method 1: Fold the lens between thumb and forefinger.

- **CORRECT** - if the edges curl in towards each other
- **INSIDE OUT** - If the edges flare out and lie against the fingertips.



#### Method 2: Some lenses have an engraving at the edge of the lens.

- Place the lens on the tip of your index finger and hold it up to a light source.
- **CORRECT** - you should be able to read for example "CIBA Z6" at the edge of the lens.
- **INSIDE OUT** - The engraving will be reversed. Carefully turn the lens to the correct orientation with your fingers.



### **Step 5 - Place lens on eye.**

1. Place the lens on the tip of your right index finger (left index finger if you are left handed and this is easier for you). Make sure your finger is completely dry, or the lens will stick to your finger and be difficult to transfer to your eye.

2. Place the middle finger of the same hand close to your lower eyelashes and pull down the lower eyelid.



3. Use the fingers of the other hand to lift the upper eyelid.



4. Place the lens directly on the eye (cornea) by gently rolling it off the index finger.



5. Look down, release the lower lid, then release the upper lid.

6. Blink gently. The lens should centre automatically. Once your lenses are in, it is best to avoid rubbing your eyes.

If your lens is comfortable and you can see clearly, repeat steps 1-6 (above) for the other lens.

**Your Eye Care Practitioner may suggest alternative methods for lens insertion.**

**If your lens is not comfortable and/or you cannot see clearly, check for the following:**

The lens is not centred on the eye.

- See “Centring the lens.”

There is something on the lens.

- Remove the lens (see Lens Removal section) and check surface for cosmetics, oils, or particles.
- Thoroughly rinse the lens with saline before placing it on the eye again.

The lens is in on the wrong eye.

- Remove and insert into the other eye.

The lens is inside out.

- See “Step 4 - Make sure the lens is correct way round”.

The lens is torn or damaged.

- If so, do not place the lens back on your eye, Discard the lens and replace it with a new one.

**If your vision is still not clear or the lens is not comfortable after checking the above, remove both lenses and contact your Eye Care Practitioner.**

**Centring the lens.** Occasionally, a lens will be displaced onto the white part of the eye during lens insertion or during lens wear. If the lens is displaced, locate it and massage it back into place through the eyelids. If the lens has fallen out of the eye, replace it with a new one. If the lens is in the correct place, and blurred vision occurs that cannot be cleared satisfactorily by blinking, remove, clean and disinfect the lenses as recommended.

# TO REMOVE

**Step 1 - Wash, Rinse, and dry hands.** Always wash your hands before handling your lenses. This will remove dirt and oils that could get on your lenses. Proper hand-washing also helps prevent eye infections. Use soap which is free of oils, lotions or perfumes, and a towel free on lint.

## GETTING READY

**Step 2 - Pull down lower eyelid,** Make sure lens is on the eye, look up, keeping your head level. Pull down the lower lid of your eye with your middle finger.



**Step 3 - Slide lens down.** While looking up, place the tip of your finger on the lower edge of the lens, and slide it down onto the lower white part of your eye.







#### **Step 4 - Pull lens off eye.**

Still looking up, squeeze the lens gently between your thumb and index finger.

Gently remove the lens from

the eye and place in lens case. Repeat Steps 2 - 4 for the other lens.

**Note: If you remove and reinsert your contact lenses before the end of the prescribed wearing schedule, you must follow the recommendations of your Eye Care Practitioner regarding cleaning, rinsing and disinfecting the lenses.**

## **MAKEUP TIPS**

If you wear makeup, you can put it on while wearing your lenses, if you take care to prevent it from coming into contact with the lenses.

- Use non-greasy makeup, and do not use the sort of mascara that has fibres in it to make your eyelashes longer, as these can drop off and contaminate your lenses.
- Do not use makeup designed to be put *inside* the lid margin, as these can easily contaminate the surfaces of your contact lenses and cause discomfort>
- When using any aerosol spray, keep spray from settling on your lenses by closing your eyes.
- Makeup can be taken off while wearing the lenses. Be sure not to get makeup or makeup remover on the lenses.

# EYECARE

While wearing your contact lenses, your eyes should look well and feel comfortable, and your vision should be clear.

**Caring for a sticking lens.** If a lens sticks (stops moving), apply some lubricating and wetting drops. Wait until the lens begins to move freely on the eye before trying to remove it. If the lens continues to stick, IMMEDIATELY consult your Eye Care Practitioner.

**If a lens Dries Out.** If a lens is exposed to air while off the eye, it may become dry and permanently damaged. If this should occur, discard the lens and use a new one to avoid possible irritation or injury to the eye.

**When to avoid Lens Wear.** Contact lenses should not be worn in conjunction with certain health or environmental conditions, Conditions that may prevent or interfere with safe lens wear include:

- Allergy, inflammation, infection or irritation in or around the eye or eyelids;
- Periods of poor health, such as during severe colds or influenza;
- The use of some medications, including eye medications;
- Excessively dry, smoky and dusty environments, or environmental fumes that make lens wear uncomfortable; or
- Water sports without the use of goggles.

Consult with your Eye Care Practitioner specially regarding these or other conditions.

# LENS CARE

For the continued safe and comfortable use of your lenses, it is important to follow the instructions given to you by your Eye Care Practitioner every time you remove your lenses. Carefully read instructions provided for proper cleaning, rinsing, disinfecting, storage, re-wetting and lubrication.

**Failure to follow the correct lens care regime may result in the development of serious eye problems.**

Cleaning and rinsing are essential to remove mucus, secretions, and deposits which may have accumulated during use. Do this immediately after removing your lenses and prior to disinfection.

Harmful germs can only be removed by cleaning, rinsing and disinfecting.

Follow the instructions for use of the lens care system recommended by your Eye Care Practitioner. If you are using a system that uses hydrogen peroxide, you will also need to neutralise your lenses.

- Always wash, rinse and dry hands before handling lenses.
- Use fresh, unexpired lens care solutions.
- Thermal systems that use heat can damage your lenses.
- NEVER store your lenses in saline only.  
Saline will not protect the lenses from contamination and may result in an eye infection.

- NEVER use solutions recommended for conventional hard lenses only.
- NEVER put lenses in your mouth or use anything other than the recommended solutions for lubricating or wetting your lenses.
- NEVER rinse them in tap water, since this can contain many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.
- Clean the right lens first, to avoid mix-ups.
- Put each lens into the correct chamber of the lens storage system and make sure they are completely immersed in the storage solution when they are not being worn. If lenses are left out for long periods, they may dry out and become brittle. If this happens, throw them away.
- NEVER re-use the solution in your lens case.
- Seek the advice of your Eye Care Practitioner if your lenses are to be stored for extended periods.

### **Looking after your lens case**

Since lens cases can be a source of bacteria, after use they should be emptied, cleaned and rinsed with recommended sterile solutions and allowed to air dry. Your lens case should also be replaced regularly, as advised by the lens care manufacturer or your eye care practitioner.

**NEVER USE TAP WATER TO RINSE YOUR LENS CASE.**

# POSSIBLE PROBLEMS

Although soft contact lenses provide many benefits to the wearer, it is possible that problems can occur and you may notice one or more of the following conditions:

- A feeling of something in the eye;
- Uncomfortable lens;
- Eye redness;
- Sensitivity to light;
- Burning, stinging , itching or watering eyes;
- Reduced sharpness of vision;
- Rainbows or haloes around lights;
- Increased eye secretions; and/or
- Severe or persistent dry eyes.

## WHAT TO DO IF A PROBLEM OCCURS

\* If any of the above conditions occur, you should immediately remove the lens.

\* If the condition stops after lens removal, you should examine the lens for problems.

\* If the lens has dirt, an eyelash or other spots on it, thoroughly clean, rinse, and disinfect it before reinsertion. If the condition returns upon reinsertion, the lens should be discarded and a new lens placed on the eye.

- If the lens is torn, it should be discarded and replaced by a new lens.

If the condition does not stop after the lens has been removed, or returns after insertion of a new lens, you should immediately remove the lens and contact your Eye Care Practitioner. Prompt attention is necessary or serious eye problems, including corneal ulcers, can develop. Loss of vision or scarring of the cornea may result.

## **ADDITIONAL** INFORMATION

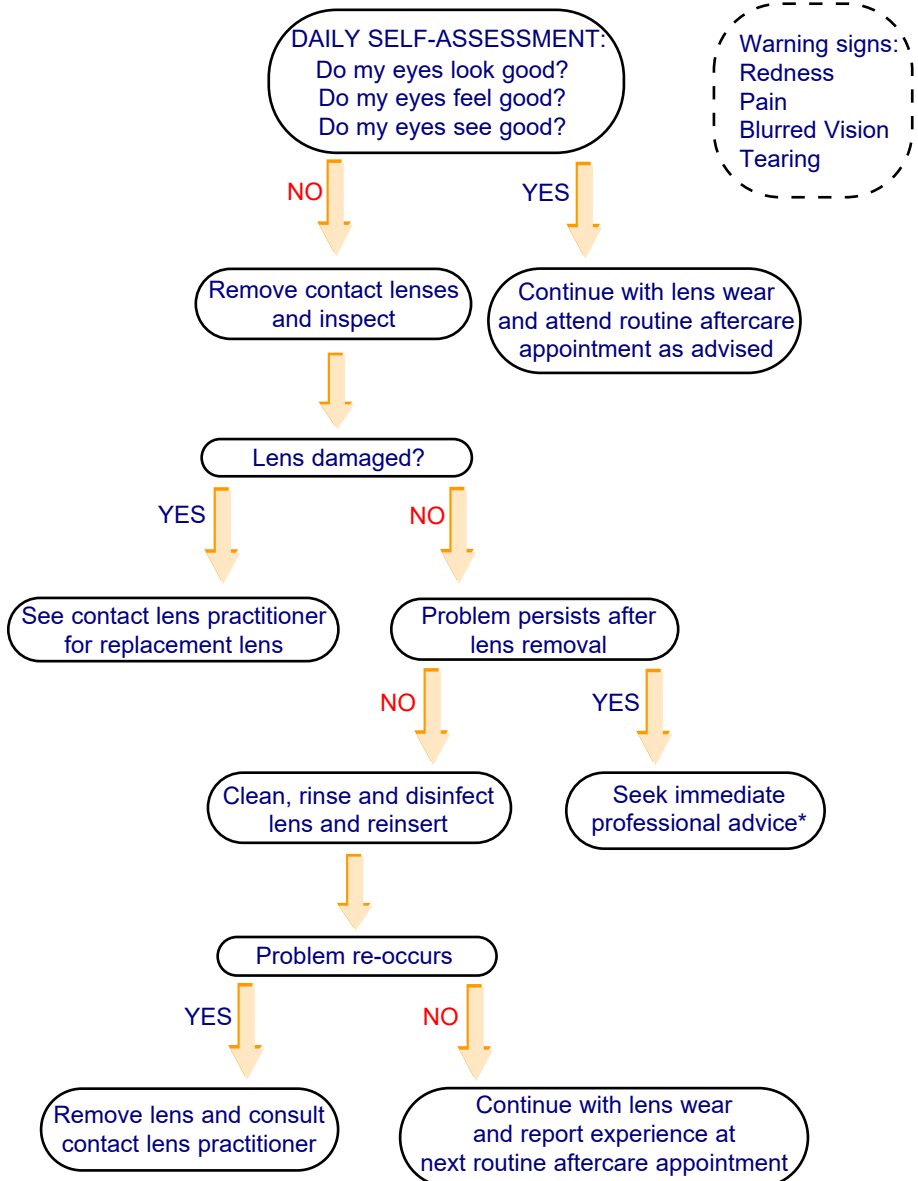
- You should never exceed the prescribed wearing schedule, even if your lenses still feel comfortable.
- Do not use lenses after the expiration date.
- Know the correct lens power for each eye.
- Inform your employer that you wear contact lenses, especially if your job involves use eye protection equipment.
- Smoking increases the risk of serious problems with contact lens wear. If you smoke, be sure to inform your Eye Care Practitioner.
- The sterile saline in which contact lenses are stored can be poured away. The carton and polypropylene pack are recyclable.

## **EMERGENCIES**

If chemicals of any kind (household cleaners, gardening solutions, laboratory chemicals, pesticides, etc.) are splashed into your eyes:

- Flush eyes immediately;
- Remove and discard the lenses; and
- Call or visit your Eye Care Practitioner or a hospital emergency department immediately.

# Daily decision tree for a contact lens wearer



●Note: Serious complications can develop very rapidly (within 24 hours)



Name & Registered Office:

C4 Sightcare Morpeth Ltd  
65 Newgate Street  
Morpeth  
Northumberland  
NE61 1AY

Company No. 09054200

Tel. (01670) 518 612  
Fax. (01670) 504 805  
Email. [morpeth@c4sightcare.com](mailto:morpeth@c4sightcare.com)



Name & Registered Office:

C4 Sightcare Newcastle Ltd  
Northumberland House  
Princess Square  
Newcastle upon Tyne  
NE1 8ER

Company No. 07970954

Tel: 0191 232 1002  
Fax: 0191 232 3802  
[newcastle@c4sightcare.com](mailto:newcastle@c4sightcare.com)



Claremont Wing Eye Dept.  
Royal Victoria Infirmary  
Queen Victoria Road  
Newcastle upon Tyne  
NE1 4LP

Tel: 0191 282 0252 (office)  
Tel: 0191 221 0934 (shop)  
Fax: 0191 221 2051  
[rvi@c4sightcare.com](mailto:rvi@c4sightcare.com)



Widdrington Health Centre  
Grange Road  
Widdrington  
Northumberland  
NE61 5LX

Please contact our Morpeth branch for all enquiries.

[www.c4sightcare.com](http://www.c4sightcare.com)