

# **SOFT CONTACT LENS CARE AND MAINTAINANCE**



## Before CL Insertion

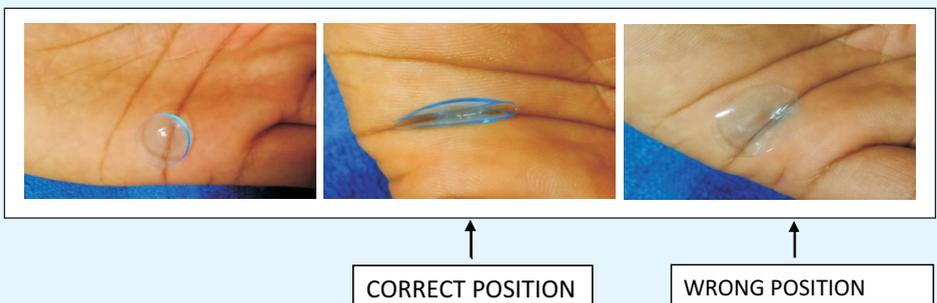
1. Before handling CONTACT LENS you must wash your hands with soap (advised to use hand wash) and wipe it with lint free towel/air dry your hands (DON'T WIPE YOUR HANDS ON YOUR CLOTHES).



2. Take out the lens from the lens case (don't open both lens case cap at the same time). Take it on your palm to clean.
3. Pour some fresh solution from the solution bottle (do not use the same solution in which the contact lens was soaked overnight).
4. Rub & rinse the contact lens. (Cleaning procedure).



5. Taco test- keep the lens on the edge of the palm and fold your palm, if the lens fold inwards then the position of the lens is correct. See the picture given below.



6. Keep the lens on your dry fingertip (Index finger).
7. Hold & pull your upper eye lashes upwards & lower lashes downwards.
8. Look straight at the mirror & take the contact lens closer to your eyes, place the lens gently on your black portion of the eye, (don't blink/ don't close your eyes while inserting the lens
9. After insertion slowly look down and rotate your eyes after few seconds .
10. Empty the lens case

### ***After CL Insertion***

- After inserting the lens leave the lower lid first, then the upper lid. Move your eyes in all directions.
- You should wear the lenses for particular time limit as advised by your optometrist/contact lens specialist/eye care professional.
- When you are wearing lenses, you must keep your lens case clean & dry. Open both the caps & keep the lens case facing upside down.
- For protection from dust wear goggles plano glass.



### ***Before CL removal***

- Wash your hand again with soap, and then dry it. Hold your eye lashes as mentioned for insertion.
- Look up towards your forehead, touch the lens with your finger, then drag the lens down from the black portion of the eye, pinch with your fingers (don't pinch with nails), and take the lens out of your eye.

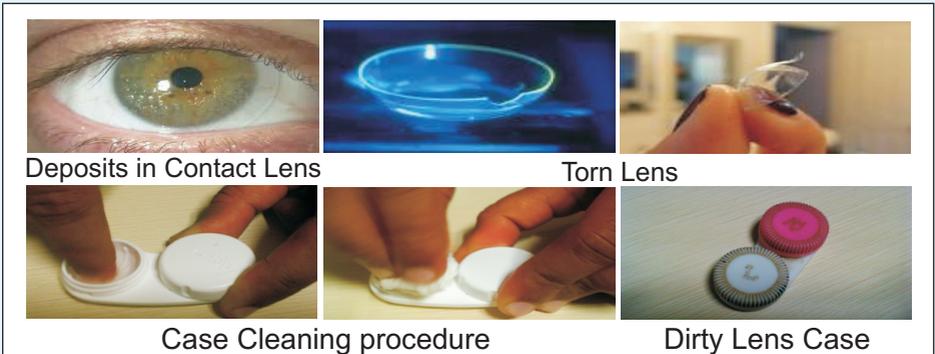


### ***After CL removal***

- Rub and rinse the lens again as before.
- Keep the lenses in respective lens case, and fill the container with fresh solution every time the lenses are removed
- Keep the lens case in clean place.

### ***DO'S AND DON'T'S :***

1. Do not sleep/bath/wash your face when the contact lens is placed in your eyes.
2. If you have to swim with contact lens ask for special care of contact lens to your eye care practitioner.
3. Do not use creamy soap to wash your hands.
4. It's better not to keep nails in finger.
5. Do not wear your lenses if you find chip / tear in lenses.
6. Use water based makeup.



7. Change solution in the lens case on daily basis.
8. Clean the lens case at least twice in a week with fresh solution.
9. Lens case and solution bottle should be changed once in every 90 days.
10. Never transfer solution from one bottle to the other.
11. Do not roughly handle your lenses
12. Don't touch the nozzle of the bottle.
13. It's better to use same brand solution as advised by your eye care practitioner.
14. Don't keep your stock lenses in refrigerator or under Sunlight.
15. Wearing hours should be increased gradually as advised.  
E.g. 1<sup>st</sup> day 2 hrs. 2<sup>nd</sup> day 4 hrs. and so on.
16. Only lubricating eye drops can be used over the lenses (if prescribed by consultant), for any other ocular medication, at least maintain 30 min. time gap between them.
17. Your lens and lens care products should not be used by anyone else.
18. Don't use the lens, in case of any eye abnormality like redness, watering, discharge, pain, itching, irritation & any general health issue, pregnancy, consult your eye care practitioner/health care practitioner.





# **SANKARA NETHRALAYA**

**MEDICAL RESEARCH FOUNDATION**

**CONTACT LENS CLINIC**

**CALL: 044-42271930 (SN MAIN),**

**044-42271923 (JKCN), 044-49083522 (NSN), 044-22346022 (REH)**