



Oxford University Hospitals  
NHS Foundation Trust

# Care of your Soft Contact Lenses Complete™ RevitaLens Multi-purpose Solution

Information for Patients



Department of Optometry  
Oxford Eye Hospital

# Please read **ALL** the instructions carefully

- **Always** wash and dry your hands thoroughly before inserting or removing your lenses. We recommend that you keep your fingernails short, so that you do not catch your eye with them.
- Work over a clean, flat surface so that if the lens falls out it will not be damaged. Put the plug in if working over a sink!
- Eye infections may occur due to poor lens case hygiene. There is no point putting your clean lens into a dirty case! Scrub your case weekly using Complete RevitaLens Multi-purpose Solution and a clean cotton bud.  
**Do not** use soap to clean your case as this may make your contact lens sting your eyes if it is not fully rinsed away.
- **Do not** rinse your case or lenses with tap water as this can cause eye infections.
- Remember to replace your lens case every three months. Deposits can build up on your case the same way they build up on the contact lens.

## **Lens insertion**

- 1.** Place the soft part of your fingertip in the centre of the lens to remove it from the case. Take care not to drag the lens up the side of the case, as this may scratch it.
- 2.** Remove the lens from the case and rinse with fresh Complete RevitaLens Multi-purpose Solution, or with saline, as directed by your optometrist.
- 3.** Ensure the lens is not damaged, particularly checking the edges for tears.
- 4.** Ensure the lens is not inside out. When it is the correct way around the lens is shaped like a cup. If it is inside out it is saucer shaped, with the edges turning out. This can be difficult to spot if you wear a very thin lens so it is best to make sure that the lens is the correct way around after cleaning.
- 5.** Insert the lens as directed by your optometrist.
- 6.** If you wear a lens in each eye, repeat steps 1 to 4 for the second lens.
- 7.** Discard the solution from your case, rinse the case with Complete RevitaLens Multi-purpose Solution and leave to air dry. Never use tap water to rinse your contact lenses or case.

# Lens removal

- 1.** Remove the lens as directed by your optometrist.
- 2.** Place a drop of Complete RevitaLens Multi-purpose Solution in the palm of your hand then put the lens, turned upward like a cup, on top of this droplet. Add one drop of Complete RevitaLens Multi-purpose Solution on the inside of the lens.
- 3.** Rub the lens gently with the little finger of your other hand. Rub for 30 seconds. Turn the lens over and rub the other side.
- 4.** After rubbing the lens it is essential to rinse it with fresh Complete RevitaLens Multi-purpose Solution in order to remove the loosened debris.
- 5.** Fill the appropriate side of the contact lens case with FRESH Complete RevitaLens Multi-purpose Solution.
- 6.** Place the lens inside the lens case. Make sure that the edge of the lens does not hang over the edge of the lens case as this might cause it to tear. Take care not to catch the lens when screwing the lid down.
- 7.** If you wear a lens in both eyes, remove the other and repeat steps 2 to 6.
- 8.** Leave lenses overnight (at least 6 hours) to make sure they are fully disinfected.

## Eye make up and contact lenses

Getting makeup in your eye is annoying, but it's worse with lenses as it can stick to them instead of being flushed out by your tears.

- Put in your contact lenses before applying makeup. **ALWAYS** wash your hands thoroughly before touching your lenses to avoid transferring oils, creams or lotions onto them.
- Use only non-allergenic makeup.
- Cream eye shadow is less likely to get into your eyes than powder, but can irritate your eyes more if it does get in. Choose water-based rather than oil-based creams.
- If you prefer powder, keep eyes closed during application, then brush off any excess before opening your eye.
- Never apply eyeliner between your lashes and your eye. Only apply it to the portion of the lashes that is well away from your eye.
- To remove makeup, wash and dry your hands. Then remove your contact lenses as described earlier in the leaflet. Finally use your eye makeup remover (preferably use non-fragranced and non-alcohol based eye makeup remover).
- Replace your eye make up **frequently** and at least every three months. Bacteria can get into the product and build up over time; increasing the risk of infection if it gets into your eye.
- Never share eye makeup.

## Points to remember

- If your eye is red, sticky or uncomfortable – remove the lens and contact the:

### Optometry Department:

Tel: **01865 234567** for the eye hospital,  
then **Option 1** for Patients,  
then **Option 4** for Optometry Department

Monday to Friday, 9.00am - 5.00pm

Or Email: **optometry.secretary@ouh.nhs.uk**

### In an emergency:

If your condition is urgent (symptoms for less than five days), call our specialist telephone triage number:

Tel: **01865 234567**

then **Option 1** followed by **Option 1**

Monday to Friday, 8.30am - 4.30pm

Saturday and Sunday, 8.30am - 3.30pm  
(including Bank Holidays)

You will be able to speak to an ophthalmic health professional who will advise you.

If you need advice **out of hours**, please phone **NHS 111** or your out of hours GP practice.

- It is very important that you come to your aftercare appointments, as we need to check that the lenses still fit your eyes well and your eyes show no signs of complications as a result of wearing the lenses. Appointment slots are very valuable. If you are unable to come please ring and rearrange your appointment so that we can offer the appointment slot to another patient. If the time is inconvenient please contact either the Patient Contact Centre or the Optometry Department to rearrange the appointment.

## **Patient Contact Centre:**

Tel: **01865 231 405**

Monday to Friday, 8am - 6pm

- Never sleep in your lenses as this increases your chance of getting a serious eye infection.
- Do not wear your lenses for longer than your optometrist advises. Build up your wearing time gradually. Begin with 2 hours and increase by 1 hour each day.
- Never wear a damaged lens. If you need a replacement contact the Optometry Department.
- If the lens is uncomfortable once inserted, remove it, rinse it with saline or Complete RevitaLens Multi-purpose Solution and check again that it is not inside out or damaged. If the lens remains uncomfortable, leave it out and contact the Optometry Department.
- Never swim or shower with your contact lenses in.

- If the lens sticks together after removal, immerse it in saline or Complete RevitaLens Multi-purpose Solution in the palm of your hand and gently rub to loosen the sides.
- Always use fresh solutions every day. Always use the solutions recommended by your optometrist. These should be the same as those in your starter pack. If in doubt, contact the Optometry Department to check solution compatibility.
- Do not touch the tips of the bottles with your finger or lens, as you may contaminate the solution. Always replace the lid on your solution bottles and keep away from direct sunlight and heat.
- If you have an allergic reaction to your solution, please contact your optometrist who will recommend an alternative solution.



**Look after your lenses  
and enjoy them!**





## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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