



Oxford University Hospitals
NHS Foundation Trust

Care of your Soft Contact Lenses EasySept

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 a clean lens into a dirty case! Scrub your case weekly using saline 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 3 months. Deposits can build up on your case in the same way they build up on the contact lens.

Safety points for EasySept hydrogen peroxide solution

- Hydrogen peroxide can cause irritation and a burning sensation if it comes into contact with the eyes before it has been neutralised.
- Unneutralised Hydrogen Peroxide may bleach clothing on contact.
- EasySept comes with a special case. This case contains the neutraliser. **DO NOT** use a different case with this solution.
- **DO NOT** rinse the lenses in EasySept solution immediately before inserting in the eyes.
- **DO NOT** apply EasySept Solution directly to the eyes.
- **DO NOT** attempt to wear your contact lenses before they have been in solution (in the correct case) for at least 6 hours.
- Change the contact lens case with each new bottle of solution to ensure that there is adequate neutraliser for continued use.

Lens insertion

1. Remove a lens from the case and make sure it is not damaged, particularly checking the edges for tears.
2. Make sure 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.
3. Insert the lens as directed by your optometrist.
4. If you wear two lenses, repeat steps 1 to 3 for the second lens.
5. Discard the solution from your case, rinse the case with saline solution and leave the case 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 the lens on the correct side of the contact lens basket in the case. Make sure that the lens does not hang out of the side of the basket as this may cause it to tear when the basket is closed.
3. If you wear a lens in both eyes repeat steps 1 and 2 for the other eye.
4. Fill the case to the line with EasySept disinfecting solution.
5. Place the holder containing the lenses into the disinfecting solution and tighten the lid.
6. After a few seconds, bubbles may start to form as the neutralisation process begins.
7. It is essential that your contact lenses remain in the EasySept solution for at least 6 hours to ensure that the neutralisation process is complete. However, for maximum comfort, we recommend that the lenses are soaked overnight.
8. **DO NOT GET UNNEUTRALISED EASYSEPT SOLUTION IN YOUR EYE.**
If you do get unneutralised solution in your eye, rinse with copious amounts of saline or tap water. If your eye is uncomfortable and this continues after rinsing, please go to your nearest Eye Casualty.

Eye makeup 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. However, creams can irritate your eyes more if they do get in. Choose water-based rather than oil-based creams.

If you prefer powder, keep your 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 eyes.

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.

Replace your eye make up **frequently** – at least every 3 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

Monday to Friday, 9.00am to 5.00pm

Telephone: **01865 234 567** for the eye hospital, then choose **Option 1** for Patients, then **Option 4** for "Optometry Department"

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

Telephone: **01865 234 567 option 1** followed by **option 1**

Monday to Friday 8.30am to 4.30pm

**Saturday and Sunday 8.30am to 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.

- Always keep your aftercare appointments. This allows us to check that your current lenses are fitting well and to monitor the health of your eyes. If the time is inconvenient please contact either the Patient Contact Centre on **01865 231 405** or the Optometry Department to re-arrange the appointment.
- Never wear your lenses overnight as this increases your risk of developing a contact lens related infection. This may permanently damage your vision and affect whether you can wear contact lenses in the future.
- Never swim or shower with your contact lenses in.
- 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 and check again that it is not inside out or damaged. If the lens remains uncomfortable, leave it out and contact the Optometry Department for a replacement.
- If the lens sticks together after removal, immerse it in saline 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 you have to use a different solution, contact the Optometry department to check whether it is suitable.

- 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.

**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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Oxford University Hospitals NHS Foundation Trust
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