

Department of Optometry, Oxford Eye Hospital

Care of your Soft Contact Lenses (Oxysept 1-step)

Information for patients



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.

Lens insertion

1. Before removing the lenses, turn the case upside down to ensure the case is fully neutralised.
2. Remove a lens from the case and make sure it is not damaged, particularly checking the edges for tears.
3. 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.
4. Insert the lens as directed by your optometrist.
5. If you wear two lenses, repeat steps 2 to 3 for the second lens.
6. 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 palm of your hand, turned upwards like a cup, and add one drop of cleaning solution (small bottle) on the inside of the lens and one drop on your hand.
3. Rub the lens gently but firmly 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 saline solution in order to remove the loosened debris.
5. 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.
6. If you wear a lens in both eyes repeat steps 1 to 5 for the other eye.
7. Fill the case to the line with Oxysept 1-step disinfecting solution, and drop in one Oxysept 1-step neutralising tablet.
8. Place the holder containing the lenses into the disinfecting solution and tighten the lid.
9. Turn the lens case upside down at least three times to ensure the whole of the inside is disinfected.

Make sure the tablet has dropped back down into the solution so that it will neutralise properly.

10. After a few minutes the tablet will begin to bubble and there may be some foaming. A pale pink colour can be seen when the neutralising tablet has started to dissolve, but this does not mean that neutralisation is complete (see point 11). If the solution doesn't change to a light pink colour this may mean that either no tablet has been added, or that the tablet has not dissolved. Add another tablet if you have any doubt over whether the solution is neutralised. It is very important that the solution is neutralised, as if it is not it will cause you to have a sore red eye when you insert your contact lens. This redness and pain will last for 6-12 hours, so this step is very important.
11. For maximum comfort, leave your lenses to soak overnight. However, if you need faster disinfection and neutralisation, make sure that you leave your lenses to soak for at least 6 hours after adding the neutralising tablet.
12. **DO NOT GET CLEANER OR THE OXYSEPT DISINFECTING SOLUTION IN YOUR EYE.** To avoid this always make sure the cleaner is fully rinsed off with saline and remember to use the neutralising tablet. If you do get the cleaner in your eye, rinse with copious amounts of neutraliser and/or saline. 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, 9.15am - 5.30pm

Tel: **01865 234 740**

or

Eye Casualty

Open 24 hours daily

Tel: **01865 234 800**

- 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.
- 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!

Authors: Patsy Terry, Head of Optometry
Department of Optometry, Oxford Eye Hospital
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Oxford University Hospitals NHS Trust
Oxford OX3 9DU
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