



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Information for the use of Soft Contact Lenses

Information for patients, relatives and carers

① For more information, please contact:  
Ophthalmology Department

Tel: 01904 726750  
The York Hospital  
Wigginton Road, York, YO31 8HE

Or

Tel: 01723 342057  
Scarborough Hospital  
Woodlands Drive, Scarborough, YO12 6QL

<b>Contents</b>	<b>Page</b>
Handling Lenses.....	3
Inserting Your Lenses.....	4
Removing Your Lenses.....	6
If you lose a lens on your eye.....	7
The Do's and Don'ts.....	8
Wearing Schedule.....	9
Payments for Contact Lenses.....	10
Tell us what you think of this leaflet.....	11
Teaching, training and research.....	11
Patient Advice and Liaison Service (PALS).....	11
Leaflets in alternative languages or formats.....	12

# Handling Lenses

- Always ensure that your hands have been washed and dried thoroughly.
- Keep your nails clean and short and always use the soft parts of your fingers to handle the lenses - never nip them.
- Handle the lenses over a flat clean surface with good lighting.
- You may benefit from using a magnifying mirror.
- Always keep your spectacles close to hand.

# Inserting Your Lenses

- Remove the right contact lens from the case.
- Check whether it is inside out
  - 1) Put the lens on your finger tip with its edges pointing upwards.
  - 2) Look at the profile of the lens against a light background. When it is the correct way round it is more dome like, when it is the wrong way round the edges look sharper as if the lens has a lip (like a saucer).
- When happy it is the right way round, place it on the tip of your right index finger ensuring the lens is wet but your finger is dry (it is more likely to stick on your eye this way).
- With your head upright and looking straight ahead, pull your upper eyelid back using the first and index finger of your left hand, keeping your left elbow high so that your left arm doesn't restrict the view of the left eye.
  - Pull down your bottom eyelid with the middle finger of the right hand.
- Place the lens on the eye gently- if you push it too hard it will invert back onto your finger.
- Gently remove your index finger and move your eye in different directions before you gently release your eyelids.

- If you drop the lens ensure that you clean it thoroughly before you try again.
- If your eye hurts, remove the lens, rinse it and double check that it wasn't inside out.
  - If you are struggling, take a break and try again later.
  - Repeat this process for the left contact lens.

# Removing Your Lenses

- Wash and dry your hands thoroughly

To remove the right lens:

## Method 1

- Look up then place your right index finger on the right lens and slide it down onto the white of the eye.
- Bring your thumb in towards your index finger and pinch off the contact lens (avoiding your fingernails).

## Method 2

- With your head upright and looking straight ahead, pull your upper eyelid back using the first and index finger of your left hand, keeping your left elbow high so that your left arm doesn't restrict the view of the left eye.
- Pull the lower lid down with the middle finger of the right hand.
- Use the index finger and thumb of the right hand to pinch the lens off the eye (avoiding your fingernails). Approach the lens from both sides of the coloured part of your eye, as the lens overlaps this slightly.

If you manage to dislodge the lens without removing it, re-centre the lens before trying to remove it again. If the lens is folding up when you remove it, re-wet it before trying to unravel it.

# **If you lose a lens on your eye**

## **First check that it hasn't dropped out.**

- Lenses can occasionally displace from the centre of your eye. Although it cannot go behind your eye, it may get hidden under your eyelids.
- Hold your eyelids wide open and have a good look in good light, and move your eye in all different directions.
- If you can see it, use your eyelids to move it back into the middle.

If you are still concerned, please contact the department where you are seen.

York – 01904 726750

Scarborough – 01723 342057

# The Do's and Don'ts

Do	Don't
<ul style="list-style-type: none"><li>- Do use solutions recommended by your optician.</li><li>- Do take care when applying and removing make-up.</li><li>- Do shut eyes when applying hair spray/perfume etc.</li><li>- Do have back up spectacles (if appropriate).</li><li>- Do attend your aftercare appointments.</li></ul>	<ul style="list-style-type: none"><li>- Don't ever use tap water.</li><li>- Don't sleep in your lenses.</li><li>- Don't shower/bathe in your lenses</li><li>- Don't swim in your lenses</li><li>- Don't wear damaged lenses.</li><li>- Don't ever wear your lenses if your eye is red or uncomfortable.</li><li>- Don't wear your lenses longer than recommended by your optician.</li></ul>



## **Wearing Schedule**

Your eyes have to adapt to wearing contact lenses. Please do not exceed these recommendations, even if the lens feels comfortable at the time.

Your first day      hours and add      hours each day, up to a maximum of      hours.

If you have any concerns remove your contact lens and contact us on 01904 726750 or 01723 342057.

If you develop a red and painful eye, remove your lens immediately and contact the department where you are seen.

York – 01904 726750

Scarborough – 01723 342057

If it is outside normal office hours or at the weekend you should either, ring the hospital and ask to be put through to the On-call Nurse/Ophthalmologist or attend the Accident & Emergency Department.

# Payments for Contact Lenses

All patients are charged at the current HES patient charge, which is set out according to current Government optical voucher values.

Patients who provide evidence that they are in receipt of the following benefits are exempt from paying.

- Entitled to or named on a valid NHS Tax Credit exemption certificate.
- In receipt of Universal Credit, Income support, Income Based Job Seekers Allowance, Income based Employment and Support Allowance.
- Pension Credit Guarantee Card.
- Valid NHS exemption certificate – HC2

There is no charge for

- Bandage contact lenses
- Cosmetic or occlusive contact lenses.

If disposable lenses are required patients are currently charged for two NHS patient charges per year.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:  
Elizabeth Langton, Optometrist, Ophthalmology,  
The York Hospital, Wigginton Road, York, YO31 8HE or  
telephone 01904 726750.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

Owner	Kate Fernandes & Liz Langton, Optometrists
Date first issued	September 2007
Review Date	February 2024
Version	3 (reissued February 2021)
Approved by	Patricia McCready, Orthoptic/Optical Service Manager
Document Reference	PIL 583 v3.2
© 2021 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	