

It is recommended that you consult with your optometrist first before changing your multipurpose cleaning solution.

It is a good idea to carry your glasses with you when you start wearing contact lenses in case you have to remove the contact lenses.

Replace your contact lens case every month.

Always keep the cap on the contact lens cleaning solution when it is not being used.

If you do not wear your contact lenses for 30 days, clean and disinfect them again before wear.

If the lens is uncomfortable, your vision has become blurred, or the eye has become red, **remove the lens** and contact:

Eye Clinic: 01271 322647 (Monday – Friday 8 – 5.30pm)..

Optometry Department: 01271 311714 (Monday – Thursday 8 – 5.30pm, Friday 8 – 5.30pm) Please note that the phone may not always be answered but if you leave a message we will contact you.

Emergency Department (24 hours a day, seven days a week)

For more information on how to care for your soft contact lenses, please contact the Optometry department.

Alternatively, the websites below offer useful information on caring for your soft contact lenses:

Association of Optometrists

www.aop.org.uk/advice-and-support/for-patients/contact-lenses/soft-lenses

Moorfields Eye Hospital NHS Foundation Trust

www.moorfields.nhs.uk/content/contact-lens-insertion-removal-and-care

This website has a video demonstrating insertion, removal and cleaning of soft contact lenses

Look after your eyes

www.lookafteryoureyes.org/seeing-clearly/eye-wear/contact-lenses

Association of Optometrists (2017) *Advice if You Wear Soft Contact Lenses* available from: www.aop.org.uk/advice-and-

College of Optometrists (2017) *Contact Lenses Available from:*