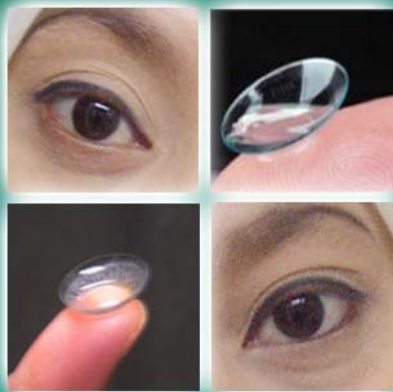


# **Contact Lens Wearer's Handbook**

**Safe Contact Lens Wear**



**Advice From Your Optometrist**

**The information included in this handbook is intended to  
be a helpful guide to wearers of all contact lens type.**



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## **1) INTRODUCTION**

Contact lens is approved by the US FDA ( Food and Drug Administration ) as among the safest form of visual correction when patients follow the proper care and wearing instruction provided by optometrists or qualified contact lens practitioners. However, there were cases of contact lens infection reported mainly due to improper lens care. Therefore, comprehensive eye examination before contact lens fitting, follow-up examination and all related education are essential in determining the success and safe usage of contact lens.

## **2) CONTACT LENS PRE-FITTING EXAMINATION**

Proper eye examinations need to be carried out by optometrists or qualified contact lens practitioners before prescribing contact lenses. The examinations include:

- 1) Interview session where questions such as medical history, lifestyle and preferences may be asked.
- 2) Measurement of corneal curvature to prescribe the contact lens with base curve that best fit the eye.
- 3) Examination on external eye health using slit lamp biomicroscope. This is important in determining whether you are suitable for contact lens wear.
- 4) Refraction.
- 5) Counseling.

### 3) CONTACT LENS HANDLING

#### *Lens Insertion (Soft contact lenses)*

- 1) Always wash, rinse and dry your hands before handling contact lens.
- 2) Always begin lens insertion with the right eye. You may pour the lens with soaking solution onto your left palm.
- 3) Place the lens on the tips of the right index finger. (Left index finger if you are left-handed). Make sure the lens is not over-turned.
- 4) Pull and support the upper lid firmly upward (together with lashes), with the middle finger of the other hand, which is not holding the contact lens.



- 5) Pull the lower lid downward with the middle finger of the hand, which is holding the lens



- 6) Look straight ahead and gently place the lens on the cornea.



- (7) Look down and slowly remove your hands, releasing your upper and lower eyelid

**Notes :**

- 1) *Kindly make sure nails are short before handling contact lenses.*
- 2) *For 1st time contact lens wearer, you are advised to increase the wearing time slowly from 4 hours on the 1st day followed by 6 hours, 8 hours and 10 hours.*

**3.2) Lens Removal (Soft Contact Lens)**

- 1) Ensure hands are washed, rinsed and dried properly before handling contact lens.
- 2) Always begin lens removal with the right eye. Repeat step (4) in lens insertion section.
- 3) Repeat step (5) in lens insertion section.
- 4) Look up and slide lens to lower part of the eye using forefinger.



- 5) Gently pinch lens between thumb and forefinger.



- 6) Remove lens from eye.



#### **4) CONTACT LENS ACCESSORIES, CLEANING AND EFFECTION.**

##### **4.1) a. Daily Cleaning Procedure** (for bi-weekly and monthly disposable lenses)

- 1) Rub both surface of the contact lens with multi-purpose even though some MPS are labeled as “no rub”. Rub lenses in “to and fro” motion. Safety is enhanced significantly by rubbing and rinsing contact lenses.
- 2) After rubbing, rinse contact lenses with MPS.
- 3) Soak contact lenses with MPS overnight or at least 4 hours before reinsertion.
- 4) If you have not been wearing contact lenses for a few days, replace and soak for at least 4 hours in the case with new solution prior to contact lens wear.

##### **b. Daily Cleaning Procedure** (for permanent soft and gas permeable (GP) lenses)

- 1) Rub both surfaces with cleaner in “ to and fro” motion (in soft lens) / rub surfaces with cleaner in circular motion (in GP lens).
- 2) After rubbing, rinse contact lenses with MPS or saline.
- 3) Soak contact lenses with disinfecting solution such as MPS or conditioning solution overnight or at least 4 hours before reinsertion.
- 4) If you have not been wearing contact lenses for a few days, replace disinfecting solution and soak for at least 4 hours in the case with new solution prior to contact lens wear.

##### **4.2) Weekly Cleaning Procedure** (protein removal - for soft permanent and GP lenses)

- 1) Repeat step (1) and (2) above.
- 2) Soak soft lenses with protein removal tablet in MPS solution for a few hours. Soak GP lenses with protein removal tablet before in Normal Saline for a few hours. (Kindly read instruction of protein removal tablet before use as different products may require different products may require different soaking or cleaning procedures)
- 3) After soaking, please clean with cleaner for both soft and GP lenses. Soak with MPS (for soft lenses) or Conditioning Solution (for GP lenses) overnight before use.



**4.3) Weekly Disinfection Procedure.**

- 1) Clean the lens case, tweezers, and suction holder with clean soft brush. Pay attention to the case chambers, rims of the lids and the between the cases.



- 2) After cleaning, place the accessories in a container and pour in boiling water to cover all items. Soak them for about 10 minutes.



- 3) Remove the accessories from the container. Air dry / wipe dry with paper towels.





## **5) FOLLOW - UP EXAMINATION AND AFTERCARE.**

Recommended aftercare schedule, may varies according to conditions of wearer:(Applicable for soft contact lens / GP contact lens)

- 1) For soft disposable, soft permanent and GP lenses: 1 week after the initial contact lens wear, followed by 1 month, 3 months, 6 months and 1 year check– up.
- 2) For extended wear soft disposable, extended soft permanent and extended GP lenses: 24 hours after contact lens wearing, followed by 1 week, 1 month, 3 months , 6 months and 1 year.

It is important for contact lens users to attend aftercare sessions with contact lenses on.

Only through professional eye examination that an optometrist can determine how your eyes are reacting to contact lens wear. Do not skip your follow-up examination just because you have no complaints.

## **6) GUIDELINES FOR THE SAFE AND EFFECTIVE USE OF CONTACT LENSES**

### **6.1) *Contact Lens Hygiene Fundamentals.***

- 1) Disinfect your contact lenses every time you remove them your eyes.
- 2) Every time you handle your contact lenses, do so with clean, washed and dried hands.
- 3) If contact lenses have been stored for more 7 days, lenses should be effectively re-disinfected before the next use.
- 4) Always rub and rinse your contact lenses both before and after storage.
- 5) Never top up / add additional solution to the solution already in the case.
- 6) Adhere to your contact lens wearing and replacement schedules prescribed by your optometrist. Do not over wear your contact lenses.
- 7) Never purchase contact lens through internet or over the counter or without proper eye examination.
- 8) Hydrogen peroxide is considered to be a very safe solution. However, if using hydrogen peroxide for disinfection, use saline or other sterile saline based solutions for rinsing your lenses before inserting them into your eyes.





### **6.2) Contact lens Case hygiene**

- 1) Discard the old case and use a new case every time a new bottle of disinfecting solution is used.
- 2) Clean and air dry your contact lens cases after every use.

### **6.3) Tap Water and Other High Risk Situations**

- 1) Do not use tap water to store, clean or rinse your contact lenses. Water is a common source of very infectious and potentially damaging microorganisms that can produce sight-threatening infections.
- 2) Avoid splashing water directly into your eyes, contact lenses or contact lens cases.
- 3) Avoid exposing your contact lenses to potential contamination from swimming pool or spa water and wear goggles while swimming. Care should be taken to avoid spa or pool water being splashed in your eyes. If you wish to remove contact lenses during such activities, your contact lenses must be properly cleaned and disinfected before being re-inserted.
- 4) Remove lenses first before going for a bath or close your eyes firmly while washing your face with water.
- 5) If you wear contact lenses for swimming, better discard the contact lenses after the swim. Otherwise, it must be properly cleaned and disinfected before being re-inserted.
- 6) Do not store your contact lenses in places with high humidity such as bathroom, as it carries high risk of airborne germs and microorganisms.
- 7) MPS needs to be discarded 3 months after opening even if it is not finished; saline needs to be discarded 1 month after opening.
- 8) Do not leave your contact lens solution containers open.
- 9) Do not refill smaller contact lens solution containers (e.g. off shelf travel kit) with solution from larger one.
- 10) Always put on/ remove contact lens first before applying/ remove make up. Contact lens must be always be given the priority.
- 11) Take off contact lens immediately if you experienced any eye discomfort or irritation. Check whether the contact lens is torn. If contact lens were in good condition, clean and rinse thoroughly and try to wear it again. If symptoms persist, consult your optometrist or eye care practitioner.



#### **6.4) Proper Care From Optometrists.**

- 1) Your optometrist should conduct a detailed initial consultation with you before prescribing contact lenses and continue to monitor your eye health at repeat visits to ensure your contact lenses do not harm your eyes.
- 2) Your contact lens provider should monitor your contact lens hygiene at repeat visits, by demonstration and observation. Your provider should also offer to go through the cleaning and care procedures should you need a refresher.
- 3) Your contact lens provider should keep detailed records of the type of contact lens care system and instruction information provided to you and these should be maintained and updated at each visit.
- 4) Always have a pair of glasses with the most recent power even if you were regular contact lens user.

Contact lens wearer must be aware to **“See Well, Feel Well and Look Well”** with contact lens use.

#### **7) CONTRAINDICATION OF CONTACT LENS WEAR.**

- 1) Severe eye dryness.
- 2) Eye redness.
- 3) Fever or flu.
- 4) Diabetic patient because of desensitized cornea.
- 5) Early pregnancy because corneal edema / water retention easily occurred.
- 6) Poor self-hygiene.

## 8) PRO AND CONS

	<b>PRO</b>	<b>CONS</b>
<b>Soft Contact Lens</b>	<ul style="list-style-type: none"><li>• More comfortable to wear.</li><li>• Adaptation period shorter.</li></ul>	<ul style="list-style-type: none"><li>• Eye infection can occur easily if care regimen not followed.</li></ul>
<b>Daily Disposable Soft Contact Lens</b>	<ul style="list-style-type: none"><li>• Fresh contact lens every day. Possibility of eye infection lower.</li><li>• No cleaning solution required.</li></ul>	<ul style="list-style-type: none"><li>• Higher cost</li></ul>
<b>Gas Permeable Contact Lens VS Soft Contact Lens</b>	<ul style="list-style-type: none"><li>• Smaller in diameter.</li><li>• More healthy to eye for long term user.</li></ul>	<ul style="list-style-type: none"><li>• Initially discomfort to wear. Adaptation to period longer.</li></ul>

**This handbook is prepared by the  
Association of Malaysian Optometrists  
to promote proper eye care for  
the Malaysian public.**

**Your Optometrist :**

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