

Proper use of soft contact lenses



- High oxygen materials: generally come in monthly or biweekly disposables. These can be worn all day long. Some can be worn continuously for 7 days and 6 nights, others even longer.

As a lack of oxygen would lead to contact lens intolerance and affect ocular health, high oxygen materials are recommended for patients who need to wear contact lenses for long hours.

Lens handling & hygiene

- **Wash** hands thoroughly with soap and dry with lint-free tissue paper before handling contact lenses.
- **Rinse** contact lenses with normal saline before inserting, so as to reduce solution allergy and to remove any debris.
- Upon removing lenses, **rub** with disinfecting solution to remove debris, lipid and protein on the lens. This is particularly important for high oxygen materials. **Soak** lenses in fresh disinfecting solution.
- **Keep** lens case, solution and other accessories in a **dry** environment, avoid warm and humid areas such as the bathroom. **Change** lens cases every 3 months.

Symptoms of improper use

You should consult your optometrist in the event of redness, ocular secretion, pain, blurred vision, tiredness, itchiness and dryness.

Lens material & wearing time

Your optometrist would advise you according to the lens type and your needs. The following serves as a general guideline:

- Low oxygen materials: e.g. most daily disposables, conventional yearly replacement lenses. **Absolutely unsuitable for 'sleeping in', not even for 'napping in'**. Generally 12 hours or less per day. Six hours or less a day for lenses with a layer of colour material on the surface.

Regular eye tests

It is advisable for contact lens wearers to have an eye test every **6 months**. Apart from vision test and prescription update, any potential problems might be uncovered and managed before these become major health risks.

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