

DW Roberts are local independent optometrists who have been established for more than 50 years. Our aim is to provide the highest quality of health care and the best possible service for our patients.

Whatever your optical needs, we are here to provide expert advice, professional service and continuity of care.

Call in or telephone - we shall be delighted to hear from you.



Practices at:

63 Queensway
BLETCHLEY
MK2 2DR

Tel: 01908 373131

3 St John Street
NEWPORT PAGNELL
MK16 8HE

Tel: 01908 218121

16 High Street
STONY STRATFORD
MK11 1AF

Tel: 01908 562355

6 Sponne House
TOWCESTER
NN12 6BY

Tel: 01327 350240

17 The Square
WOLVERTON
MK12 5DG

Tel: 01908 313338

CONTACT LENS ADVICE LEAFLET

Avoiding Eye Infection

www.mk-opticians.co.uk

EYECARE FOR ALL THE FAMILY

Knowledge in the field of contact lenses and of complications arising from contact lens wear, is continually improving. Recent attention has been given to eye infections in contact lens wearers, as these appear to be increasing. Whilst Optometrists and contact lens manufacturers are always trying to improve the lenses and the associated products, the wearer also has a very important role to play in the prevention of eye infections.

Although the incidence of eye infections amongst contact lens wearers is rare, these that do occur can threaten sight. It is therefore most important that you take proper care of your lenses and your eyes. Carefully following the instructions from your Optometrists and the manufacturer will help to ensure that **you** have no problems.

Your eye has its own defense mechanisms, but they are disrupted when a contact lens is worn. The contact lens is a potential home for many forms of bacteria, viruses and even fungi. Unpleasant bacteria are found in the mouth, nose, on the hands and in air and water. These can all too easily be transferred to the eye, on the contact lens or on your finger. Under normal circumstances, your eye would not expect to encounter such 'bugs' and is ill equipped to deal with them.

It is essential to wash your hands before handling the lenses or touching your eye. Because tap water also contains acanthamoebae, which can cause a particularly nasty infection, you must also dry your hands thoroughly. Drying your hands also helps prevent calcium and magnesium depositing on the lenses.

Contact lens solutions and the recommendations for their use are very carefully controlled by the Department of Health. If you do not follow the instructions given with the solutions you will not get the protection required for safe contact lens wear.

DISINFECTION KILLS HARMFUL BACTERIA, and you must not take any short cuts. DO NOT leave the lids off of the bottles, DO NOT touch the bottle top with your fingers and DO NOT use any other liquids unless advised by your Optometrist to do so.

It is important to throw away the used disinfecting solutions once you are wearing your lenses. The case must be left open to dry in air to prevent the development of bio-films (colonies of dangerous bacteria which are unharmed by the disinfecting solution). Weekly cleaning of the case with lens cleaning liquid and a designated toothbrush is a good precaution. *Never rinse with tap water unless it has been boiled and allowed to cool.*

Cases need to be replaced regularly, which is why bulk-buy packs and the new multi-purpose (all-in-one bottle) solutions contain a new case. Do make sure that you use them and throw away the old cases and their bacteria.

The cleaner and disinfecting solutions must be thrown away after the number of days stated on the bottles, even if they are not empty - they cannot be guaranteed to work after this time.

If lenses have not been worn for a week, the storage solutions must be renewed. Before wearing, clean and disinfect overnight.

If you experience pain or redness in your eyes, do not wear your lenses but consult your Optometrist (or your Doctor or hospital casualty department if there is no Optometrist to advise you). It is important that you have up-to-date spectacles in case you have to stop wearing your contact lenses for a while. This would be necessary even for conjunctivitis.

Finally, do come in for regular check-ups when you receive a reminder. These are provided to detect possible problems before they become damaging. Don't forget that all your aftercare visits to us are already paid for if you are in our Contact Lens Care Plan.