

# Common A&R FAQ's



You should always follow your optician's advice when caring for your contacts, here is a useful list of common questions and answers

## **Can I clean my lenses with water?**

No, you should take every precaution to ensure your lenses never come into contact with water. Water can contain certain micro-organisms that if they come into contact with your lenses can potentially cause a serious eye infection. To minimise risk you should always clean and care for your lenses using the solution recommended by your optician. Ensure you read the instructions supplied by the solution manufacturer before use.

Although water can be harmful if it comes into contact with your lenses, you should always ensure that you wash and dry your hands before applying and removing lenses. You just need to ensure your hands are fully dried before touching your lenses.

You should also avoid wearing lenses in showers and swimming pools or any situation where water may come in contact with the lenses. Prescription goggles provide a great alternative when swimming.

## **Can I use any solution to clean my lenses?**

Your optician has recommended a solution that is ideal for you, but if you do want to change solution it is best to discuss this with your optician.

## **Can I re-use the solution in my lens case for soaking?**

No, you must discard any remaining solution. You should ensure you clean your case and replace with fresh solution every time you soak your lenses.

## **When should I replace my lens case?**

This should be replaced in accordance with your lens solution guidance. It is important that you clean your lens case as you've been shown, to reduce the risk of an eye infection.

## **Can I sleep in my lenses?**

There are certain types of lenses which you may be allowed to sleep in. Unless you have been specifically told by your optician that you can, you shouldn't sleep or nap in your lenses. Your optician can arrange another appointment for you to discuss this option if this is something you would like.

## **Can I still wear make-up with lenses?**

Yes you can, it is best to apply your lenses before putting your make-up on, and remove them before taking off your make-up.

### **If I drop a lens can I continue wearing it?**

If you drop a lens, there is a risk it may become damaged or dirty. This could cause discomfort and could potentially lead to an eye infection. If you drop a lens, sometimes the damage may be very difficult to see on the lens, therefore it's best to use a new lens.

### **I only wear lenses occasionally; can I wear them for longer than recommended?**

All lenses should only be worn as long as recommended by your optician. Wearing lenses for longer than recommended can significantly increase the risk of eye infections.

**For reusable wearers:** If you only wear lenses occasionally daily disposable lenses tend to be the most suitable. Your optician can book you in for an appointment to try daily disposable lenses if you'd like.

### **Can I remove and apply my lenses several times a day if I need to?**

With reusable lenses you need to ensure that the lenses are cleaned and have had the minimum soaking time as recommended in the manufacturers instructions in the solution before reinserting them. Daily disposable lenses must be disposed of after every wear and replaced with a new pair.

### **Can a lens get lost behind my eye?**

No, this is a common misconception. The front of the eye and underside of the eyelid are covered by a thin membrane called the 'conjunctiva' which physically prevents this from happening.

### **When should I come back for my next appointment?**

Your optician will indicate this on your lens specification and tell you at your appointment. However, remember if your eyes 'don't look good', 'don't feel good' or 'don't see well', then you must remove your lenses immediately and return ASAP.