Insertion, removal, care and handling of soft contact lenses			
Presented by: Cynthia A. Lohman, OLO, ABO, NCLE, COA Saturday Oct 3, 2015 at 4pm			
Objective: Insertion, removal, care and handling of soft contact lenses			
Content:			
1.) Insertion of soft contact lenses 2.) Removal of soft contact lenses 3.) Solution types 4.) Care Et Handling of soft contacts 5 minutes 5 minutes			
5.) Patient instruction sheet for SCL 5 minutes 6.) Question & Answer 5 minutes			
Attendees will leave with the knowledge and confidence to instruct their patients on insertion, removal and care $\hat{\mathbf{x}}$ handling and will have a sample patient instruction form.			
Thank you, Cindy Lohman			
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Upon completion of this course, the			
attendee will have confidence in:			
How to insert and remove soft contact lenses properly		•	
Avoiding infections	\ X		
How to choose what solutions are best for your patient Proper cleaning methods of soft contact lenses			
Proper care and handling instructions The importance of follow up care visits		•	
Proper replacement of contact lenses			

Insertion of SOFT CONTACT LENSES:









Place the wet, clean 'right' lens on the tip of the index or middle finger of your dominant hand (if right handed use right hand), pull down the center of the lower lid with the middle or ring finger, be sure to pull down closest to the lashes. With the other hand, pull from the center near eyelashes of the upper lid to the brow bone.

Looking at the eye in a mirror, place the lens on the cornea (color part of the eye). Do not let go of your eyelids immediately, look up to the selling then down to the floor.

I find it helpful if patient lets go of the lower lid while looking down, the lid pushes on the contact lens flattening it.

Removal of SOFT CONTACT LENSES WASH AND DRY HANDS THOROUGHLY Tilt head down, looking up into a mirror, touch the color portion of the eye where the contact lens is positioned. Slide your finger/lens down to the conjunctiva (white part of the eye). With your finger and thumb spread apart, slide finger and thumb together pinching the contacts lens out. Upon removal of lens, follow all cleaning instructions.



Hydrogen Peroxicle Disinfection The Control of the

Proper care and handling continued:



Proper care and handling continued:

Abbett Medical Oytics (AMO)	Blink Contacts Labricant Eye Drops	A stock, 'buffered, instrum, preserved solution. This appears formulation recludes purified water, sodiant. Injustronals, nadate obtends, patentium distructs, carcium obtends, respective obtends, from well and is preserved with Oracher (stabilised exploses conpain) or85%. This properation contains no chiraheodime, no distrumental, and no other removaly containing imprefents.	
	Complete Cultinizating and Reventing Drops	A stelle, systemi, buffered apprent formulation that contains pullfied water, sodium (Ylandic presented with pulphrecareallylens linguarish 6,000°M, buffered with travellamente as an ensulater, hydrosproppl methylandskine as a hidricant, followed as a surfactoric, and elektric disolation as a chilating agent. This properties institutes to a full-includine, or distinction, and no other enemity cartaining imprefered.	
Alleryan	Beheck Contacts	Stelle, kotten, halfered, presented silution carcaining cadeographylothulear sodium, sodium chloride, botic acid, poteciam chloride, culcium chloride, magnesium chloride, purfied water and is presented with Purbic challed	
Alcon	Clerc Plus Lens Origin	A reacting and lubricating drop that fights protein bubble, during lens weer. A sterile, buffered, lostering agrees, valuing that contains Collectionate buffer and valuant clinicals with extente distribute and polyquad a generalized and REAM 300 SPCS In larger of their contraction, and deteriors 1230 s.	
	Opti Fine Express Resetting Drugs.	A startin, buffered, betteris agaresis solution that contains a citrate buffer and solburs citizate with edetate disastern 0.01% and Polypaid 0.001% presentative	
	Opti-free Lubricant Eye Drops	A labricating drug that company propriets glycal 0.6%, here and, deveromy phrephetelylgrows, existing disedum, hydrospropy gue, researd all, polycopi 40 chander, hydrospropy gue, researd all, polycopi 40 chander, hydrospropy guessiam i 51.00%, proprieties, surdiscriptionales, surdiscription, and purified water. May contact hydrochions, and ander sodium hydrochions, pulse pic.	
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Syunch + Lamb	Bellu Resetting Drops	Starta, buffered, isototos, solution that contains bene and, polescence, sedium teroto, and uniform childride; preserved with surface and 6.15% and whitate disorban 0.1%	
	Refly MultiPlue Subnicating and Reventing Driges	A starte, instens valution that contains position, bons acid, potassium offende, walken bende and soften should previously with editate disolates 5.1% and contain acid 0.1%.	
	Sensitive Eyes Draps	Sectio, Suffered, Instanti against colorion, and sodium chloride preserved with serbic acid 5.1% and elektric closed art 5.55%.	



Wearing & Replacement Schedule:

Daily Lens Replacement



2 Week Lens Replacement



Monthly Lens Replacement



Quarterly Lens Replacement



Helpful hints & Possible Emergencies:

- In the beginning it is normal if:

 Your eyes may itch or feel funny

 You are more aware of one lens than the other

 Your vision seems fuzzier than glasses

 One eye may see better than the other

 You may notice more blinking

 You may notice more blinking

 You may notice more blinking

Remove your lenses immediately and schedule an appointment if:

You develop unusual pain, discomfort or redness
You develop unusual foggy or cloudy vision (vision should be as clear or better as exam date)
You suspect something is wrong
You experience a decrease in vision that does not clear up

DO NOT swim without protective goggles while wearing contact lenses. Swimming while wearing contact lenses can cause serious problems.



Reinforcing	follow un	care

To protect your eyes from serious complications, it is important that you follow the wearing schedule and solutions we have indicated. Remember like any prescription device, contact lenses must be monitored on a regular basis. Professional follow up care is the most important element in successful long term lens wear. FDA has indicated that contact lens patients are to have an eye exam yearly. Please keep your scheduled appointments.

I acknowledge that I have received and understand instructions regarding the care and handling of contact lenses. I have also been informed of the necessity of periodic examinations to monitor my eye health for conditions such as: irritation, infection, and corneal injury. I also understand that I do not have a contact lens prescription until I follow up with the doctor as instructed for a final evaluation with the contact lenses in. If I return later than 3 months from original exam date I will be charged an office exam fee of not less than \$79.00.

Patient/Guardian Signature Instructor

Thank you!



