

CONTACT LENSES 101, PART 4: LENS CARE, HANDLING, AND SOLUTIONS

Proper contact lens care helps prevent complications such as infection and inflammation. Whether you're working with a new wearer or a patient who has worn contacts for years, it's beneficial for all patients to be up to date on contact lens use.

Lens handling

Here are some handling tips to share with patients¹:



If your eyes are red or irritated, do not wear contact lenses. Use glasses until your eyes clear up and see your eye care practitioner for an evaluation.



Always wash your hands with soap and dry them with a lint-free towel before handling contacts.



Do not use contact lenses that are not prescribed for you, and do not share contact lenses with others.



Remove contacts before swimming, showering, or using a hot tub.



Make sure you have the appropriate lens for each eye. Labeling the boxes with "left" and "right" is helpful.

When training a patient on contact lens application and removal (A&R), demonstrating the steps on yourself or showing them a video of A&R is helpful.

CooperVision® has made it easy to educate patients on the A&R process with this video. Check it out and share with your new contact lens patients.



Contact lens care systems and solutions

Contact lens care systems and solutions are designed for cleaning, disinfecting, and soaking contacts. It's important to advise patients to only use the lens care system prescribed by their eye care practitioner.

Common types of care systems and solutions:

Multipurpose solution (MPS)

- MPS is an all-in-one lens care system and most commonly used among soft contact lens wearers.² Only one solution is required to clean, rinse, disinfect, and store the lenses.²

Hydrogen peroxide-based systems

- Hydrogen peroxide is a powerful disinfectant.³ These systems actively clean and remove debris from the contact lenses. As there are no preservatives, hydrogen peroxide-based systems are ideal for patients who may have sensitive eyes.³ These patients may experience a sensitivity reaction to the chemicals used in MPS.³

Saline solution

- Saline does not disinfect contact lenses and should not be used to soak contact lenses. However, saline can be used for rinsing contact lenses after disinfection with the proper care system.²

Enzymatic cleaners

- Enzymes remove protein deposits from the surface of the lens. Enzymatic cleaners were used as a separate step to remove buildup on conventional lenses typically worn for six months or more.³ With frequent lens replacement schedules and MPS with protein-removing abilities, the use of enzymatic cleaners has declined.³

Emphasize proper wear and care

Whether the patient is new to contact lenses or not, keeping up to date on proper contact lens wear and care is very important.



1. Guidelines for Contact Lens Wear. CooperVision. https://coopervision.com/sites/coopervision.com/files/coopervision_contactlensuserguide_ltr.pdf. 2. Contact Lens Care Systems & Solutions. The Centers for Disease Control and Prevention. <https://www.cdc.gov/contactlenses/care-systems.html>. 3. Gromacki SJ, Ward MA. Understanding Contemporary Contact Lens Care Products. Contact Lens Spectrum. <https://www.clspectrum.com/issues/2013/june-2013/understanding-contemporary-contact-lens-care-products>.