

### Insertion, removal, care and handling of soft contact lenses

Presented by: Cynthia A. Lohman, OLO, ABO, NCLE, COA 1 Hour  
Saturday Oct 3, 2015 at 4pm

Objective: Insertion, removal, care and handling of soft contact lenses

Content:

- 1.) Insertion of soft contact lenses 15 minutes
- 2.) Removal of soft contact lenses 15 minutes
- 3.) Solution types 5 minutes
- 4.) Care & Handling of soft contacts 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 & 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
- 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

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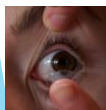
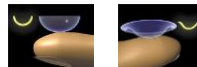
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### Insertion of SOFT CONTACT LENSES:

**WASH AND DRY HANDS THOROUGHLY**



Verify contact lens is correct side out  
Correct      Incorrect



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 ceiling 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.

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### Reinforcing follow up 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.

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Patient/Guardian Signature      Instructor      Date

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