

# Fact Sheet

## Contact lenses and children - helpful hints from parents

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### Sleep time

Special comfort drops for contact lenses can be bought. "Clerz" CIBA® Vision or "Refresh" Allergan® are two of these. At sleep time put one drop on the lens. This will help to moisten the lens and cornea and prevent the lens from becoming dry. If the eye becomes itchy, babies and small children may try to rub the lens out. Comfort drops are also good for air conditioned or hot rooms or if it's windy outside.

Please use the eye shield that the hospital gave you after the operation. This may stop your child from rubbing the lens out. It's a good idea to check your child's lens when they wake up. The best place to look for the lost contact lens is in the bed, cot or clothes.

### At bath time

Help your toddler to practice shutting their eyes tight to avoid splashes in the bath. Be careful with soap and shampoo as they will sting the eyes.

### Wrap-around sunglasses

Encourage your child to wear a hat and sunglasses for all outdoor activities. Good quality wrap-around sunglasses will offer protection from the sun, and help to prevent dust, sand or other materials entering the eye.

### Swimming and Flying

Please take out the contact lenses when your child goes swimming. They may fall out under water or may become uncomfortable because they can absorb the chlorine or salt. Leave the lenses out for 2 hours after swimming.

Remove the contact lenses before flying, as the air in the cabin is usually very dry.

### Contact lens carry case

Remember to always have fresh SALINE in a contact lens carry case with you

when you go out. You will then have somewhere safe to store the lens.

### Red or irritated eyes

If the eye becomes red, or becomes weepy, take the contact lens/es out. Contact your ophthalmologist. A red or irritated eye may be due to:

- conjunctivitis
- torn contact lens
- corneal sutures rubbing the eye
- protein build up on the lens.

### Additional information

- The AODISC® becomes less effective over time. It needs to be replaced every three months with daily use and every six months otherwise. A sticker is enclosed for you to write the replacement date for the disc as a reminder. This can be stuck to the side of the AOSEPT® cup.
- Never use any other solution except AOSEPT® with this system. Always use fresh solution. Solution that has already been used is no good.
- Always check the expiry date on ALL the components of the system and DO NOT USE if out of date.
- Do not place AOSEPT® disinfecting solution directly into the eye.
- The AOSEPT® cups should be kept clean by rinsing in hot water occasionally and left to air dry. The AODISC® should be removed when rinsing with hot water.
- If at any time you think the contact lenses are causing irritation or are uncomfortable, remove them and consult your contact lens practitioner. If in doubt, take them out!

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### Other procedures

- If your doctor recommends protein removal as an extra cleaning step, you can do this at the same time as the other process overnight.
- Place one Allergan ULTRAZYME® protein remover tablet in the bottom of the AOSEPT® cup when attaching the disc to the basket.
- Leave the lens/es in the container OVERNIGHT (minimum six hours).
- Before inserting the lens/es, rub and rinse well with SOFTWEAR® Sterile Saline.

### Remember

- Always carry the contact lens carry case with fresh saline.
- If the eye becomes red or you are concerned, remove the lens/es.
- DO NOT put AOSEPT® directly in to the eye.

This fact sheet is for education purposes only.  
Please consult with your doctor or other health professional  
to make sure this information is right for your child.

*This document was reviewed on 4<sup>th</sup> September 2009.*

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children's  
hospital at Westmead

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