

## H-120 Care of the Client with Contact Lenses

### Purpose

Maintain integrity of artificial lenses.

Prevent injury/infection.

### Applies To

Registered Nurses

Licensed Practical/Vocational Nurses

Other (*Identify*): \_\_\_\_\_

### Equipment/Supplies

- Hard or soft contact lenses.
- Storage container.
- Saline solution.
- Prescribed drops.
- Lens disinfectant.
- Enzyme solution.
- Clean gloves.

### Procedure

1. Explain the procedure to the client. Position the client for comfort either in a sitting or supine position.
2. Wash hands. Refer to Hand Washing procedure.
3. Don clean gloves.
4. To insert lenses, wet with appropriate solution.
5. To insert hard lenses, place lens with concave side up on tip of right index finger and place lens directly over cornea.
6. To insert soft lens, cup lens with right thumb and index finger and place directly over cornea.
7. If lens is not centered, instruct the client to close his/her eye, roll it toward the lens, and blink several times.
8. Remove hard lens by separating eyelids to expose lens. Apply slight pressure towards bony orbit above and below the client's eye using both thumbs. Move lower and upper lids toward the lens, applying slight pressure to lower lid to tilt lens. Grasp the lens as it slips from the eye.
9. Remove soft lens by retracting lower lid, adding a few drops of sterile saline solution and with tip of index finger on lower part of lens, slide lens off cornea. Gently squeeze the lens with thumb and index finger to create suction. Gently pinch lens and lift out.
10. Clean and disinfect lenses according to manufacturer's recommendation.

11. Place lenses in storage container with storage solution according to manufacturer's recommendation.
12. Remove gloves and dispose of supplies as outlined in the Agency Waste Disposal Policy.

**Documentation Guidelines**

Document in the clinical record:

1. The client's ability to perform procedure.
2. Client tolerance of the procedure.
3. Teaching done and response to teaching.

**Related Procedures**

Eye Irrigation

**Policy History**

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