

WHAT TO DO IF YOUR CONTACT LENS MISPLACES FROM THE CORNEA BUT IS STILL IN YOUR EYE

If you feel you have a contact lens or contact lens fragment still in the eye after removal, don't panic! The lens cannot go "behind the eye" as this is anatomically impossible. It occasionally just moves up under the upper lid. While it is always best to try and remove the lens, rather than leave a misplaced contact lens in the eye (due to risk of infection) be reassured that your lenses are made of highly oxygen permeable materials that are hypo-allergenic and totally biocompatible. So, even if you have to leave a lens in overnight and come to us the next morning, it is very unlikely that there will be any long term problems associated with this.

1. Wash your hands thoroughly before touching any part of the eye.
2. Pull down your lower lid to search for the lens in the lower part of your eye. Pull up your upper lid, while you look down at a mirror, to search for the lens under the upper lid.
3. If you are still unable to locate the lens, put saline solution, or a comfort drop, in your eye and move your eye up, down and side to side. This often helps to dislodge the lens.
4. If you are still unable to find it, take a few minutes break. The lens might work its way out if you rest your eye. Add more saline solution if your eye is feeling irritated.
5. Once you've located the lens, close your eye and use your finger to move it gently back into place. It might help to roll your eye toward the lens.
6. If you still can not find the lens it is likely that it has moved up under your top eye lid. With the eye closed gently massage in a circular action, from the outer part of your upper lid over and down towards your nose. This encourages the lens to move back down to the eye in the corner, by your nose. You will then be able to pinch it out as normal.
7. **If you can't remove then lens then come and see us as soon as possible.**

If you are very worried, or the eye is red and painful, and you're unable to reach us, there are 24 hour emergency departments at the Western Eye Hospital on Marylebone Road, and at Moorfield's Eye Hospital on City Road.