

Prosthetic Eye Handling Instructions

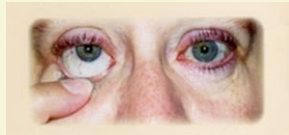
Cleaning your eye prosthesis will keep you comfortable, reduce the level of secretion, help prevent conjunctivitis and extend the life of your eye.

How to Remove Your Eye?

Preparation

- To protect yourself from infection, wash your hands before you handle your prosthesis.
- To protect the eye from damage, rest a towel over the basin, bench or table. This ensures that if you drop the eye, it has a soft and safe landing.

To Remove



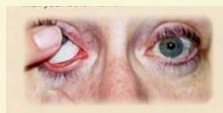
- Look up.
- Place one finger on the lower eyelid near the lid margin.
- Press your finger in and pull the eyelid skin toward the ear on that side.
- The eye should slide over the lower lid.
- Keep the other hand under the eye.
- If you still have difficulty, suction cups are available from your ocularist to help you.
- You might notice minor discharge on the eye. Don't worry: this is quite normal.



Lift the upper lid and place the prosthesis under the upper lid



Gently slide the top of the prosthesis under the upper lid (No. will be on top)



Pull down the lower lid with the other hand to fit the prosthesis

Do

Wash your eye with a **Mild baby shampoo** and clean water., and then rinse it with **soft contact lens solution** (like ReNu, Complete), ensuring all soap is rinsed away. Rub firmly with a wet tissue and dry it with a clean lint-free cloth or tissues.

Don't

Do not use alcohol, spectacle lens cleaner, hand sanitizer, Colin or any chemical cleaner as even a small amount. It can cause irritation in the eye and damage to the prosthesis. Water or contact lenses cleaner are the best.

There is protein in your tears. As the tears evaporate, they leave a coating of protein on the eye prosthesis. This build-up eventually causes a reaction on the underside of the lids, leading to irritation.

To help reduce protein build-up, periodically soak your eye for a few hours in contact lens solution, and then give it a good hard rub with a wet tissue.

Your tear layer in most cases will provide all the lubrication necessary. However, if needed there are few lubricating drops for artificial eye use. Often eye drops can be very beneficial against dryness, especially on extra dry or windy days. Some of the drops will help maintain a more natural looking wet surface on the ocular prosthesis.

It is important that you return routinely to your ocularist **(at least once in 6 months)** or more often to have your ocular prosthesis **checked, cleaned and polished**. This will prolong the life of the artificial eye and make it look better and feel more comfortable.

How Often Should You Clean Your Eye?

This depends on your own level of comfort. If you are wearing a scleral shell, you may have to remove the prosthesis at night for initial few days. Otherwise, the less you handle your eye, the better. In fact, many people wear their eye for several months before cleaning becomes necessary. Your eye socket will let you know when the time is right, because it will become irritated or weepier. It is recommended to remove & clean the prosthesis once in a month.

When to call your Doctor/Ocularist?

Whenever required – especially if you experience excessive swelling, irritation or discharge.

When to visit your ocularist?

Visit your ocularist regularly so that they can:

- Restore the high polish to the prosthetic eye
- Make sure the prosthesis is still fitting snugly and correctly aligned
- Decide whether more frequent polish reviews are necessary for you

When to replace your eye?

The tissue around the eye socket changes over time and the eye can become scratched, even with careful maintenance. For these reasons you should replace your eye every five years, more often for children.

Image Courtesy: Google Images