

# 隱形眼鏡護理 CONTACT LENS CARE



理大護眼  
**PolyVision**



# 先驗眼 後配鏡

HAVE YOUR EYES EXAMINED PRIOR TO  
ANY CONTACT LENS WEAR

隱形眼鏡並不是一般消費品，使用不當可以影響眼睛健康。

Contact lenses are more than consumer products; improper contact lens wear might affect the health of your eyes.



## 鏡片物料 各有不同

DIFFERENT LENS  
MATERIAL

不同隱形眼鏡所採用的物料不一樣。物料的透氧度和水份含量會影響蛋白質及油脂在鏡片面的積聚。倘若胡亂選用或配戴不當可能會影響眼睛健康。

Contact lenses come in different materials. Protein and lipid deposits accumulation on lens varies in different oxygen transmitted material and lens wettability. Improper use would affect the health of your eyes.

## 弧度不適合 損害眼角膜

CONTACT LENS COMES IN  
DIFFERENT BASE CURVES

隱形眼鏡有不同的弧度。佩戴弧度不適合的鏡片，輕微的會有異物入眼或不舒服的感覺，嚴重的可以引起眼角膜表皮受損、缺氧、甚至增加受感染的風險。

Wearing lenses with an unsuitable base curve might result in foreign body sensation, discomfort, corneal injury and corneal hypoxia or in some cases, inflammation.

## 眼鏡度數≠ 隱形眼鏡度數

SPECTACLE PRESCRIPTION ≠  
CONTACT LENS PRESCRIPTION

隱形眼鏡度數與眼鏡度數並不一定相同。若依眼鏡度數去購買隱形眼鏡，有機會因度數偏差而引致頭痛、視力模糊、重影等。

Contact lens prescription is not always equal to spectacle prescription. Wearing a wrong contact lens prescription might cause headaches, blurred vision and double vision.

## 尋求眼科視光師 的專業意見

SEEK PROFESSIONAL ADVICE FROM  
YOUR CLINICAL OPTOMETRIST

在佩戴隱形眼鏡前，佩戴者必須接受眼睛檢查，讓眼科視光師按其個別情況作出適合的建議。倘若佩戴隱形眼鏡後出現眼睛不適，便應立即停戴，並與眼科視光師即時聯絡檢查，確保眼睛健康。

Have your eyes examined prior to any contact lens wear. Your clinical optometrist will give advice to you. Stop contact lens wear if you experienced any discomfort in your eyes, contact your optometrist and have your eyes checked.

## 佩戴 鏡片

## LENS INSERTION



# 眼睛要明亮 戴除隱形眼鏡 方法要正確

Follow the appropriate contact lens insertion and removal instructions if you want to “look good, see good and feel good”

- 1) 打開鏡盒蓋和生理鹽水的樽蓋；如使用即棄鏡片，請先檢查有效日期。  
Open the contact lens case and the bottle of saline solution. Check the expiry date of your disposable contact lenses.
- 2) 徹底清洗雙手並用抹手紙抹乾。  
Clean your hands thoroughly and dry them with lint free paper towels.
- 3) 用生理鹽水沖洗鏡片表面殘漬物，沖洗時避免手指碰到鏡片以外的地方，免受細菌感染。  
Rinse lenses thoroughly with saline solution before contact lenses insertion. Make sure your fingers are clean.
- 4) 習慣「先配戴右鏡、先除下右鏡及先清洗右鏡」，以免混淆兩鏡，減低交差感染的機會。  
Get into the habit of “Insert the right lens, remove the right lens and clean the right lens first”; to avoid mixing up of lenses and lens contamination.
- 5) 配戴前一定要分清鏡片正反面。先將鏡片放在抹乾後的食指指尖上觀看，如果鏡片的邊緣呈碟形，即屬反轉。如果鏡片的邊緣呈碗形，即屬正確方向。  
Make sure the lens is in the right orientation before insertion. Hold the lens on the leading tip of your dominant hand's index finger. Direct your attention from the side, if the edges tend to fold outwards away from each other, the lens is inside out. Conversely, if the edges readily come together, the lens is correctly oriented.
- 6) 將鏡片正確的一面放在右手食指指尖上。  
Use the leading tip of your dominant hand's index finger to hold the lens with the right orientation.
- 7) 用右手中指把下眼瞼連同眼睫毛拉低。  
Pull the centre of the lower lid margin down with the middle finger of the hand holding the lens, making sure the eyelashes are included under the finger pad.
- 8) 向下望，用左手食指和中指將上眼瞼拉起。  
Look down and lift the centre of the upper lid with the index/ middle finger of the other hand.
- 9) 在鏡內直視自己的眼睛。  
Look into your own eye in the mirror.
- 10) 慢慢將放有隱形眼鏡的食指指尖移近眼角膜，輕微前傾至接近垂直狀，隱形眼鏡應在眼前。  
Raise the lens-carrying index finger until it, and the plane of the lens edge, are almost vertical. The lens should now be almost directly in front of the eye.
- 11) 向前望，慢慢將將鏡片輕輕放在眼角膜上。  
Look straight through the lens as it is slowly and smoothly moved towards the cornea until contact is made.

- 12) 確定鏡片黏附在眼角膜表面後，慢慢放開手指。  
Slowly withdrawn your finger once contact lens is adhered to the cornea.
- 13) 慢慢望向右面，再望向左面，最後望向前面，慢慢放開下眼瞼和上眼瞼。  
Look towards your right, then left and then straight ahead. Slowly release your lower lid, followed by the upper lid.
- 14) 重複以上步驟配戴左鏡。  
Repeat the above steps with the fellow eye.
- 15) 每次戴鏡後，倒去鏡盒內的藥水，小心清潔鏡盒和配件。  
Discard all the solutions remained in the storage case. Clean the storage case and accessories thoroughly.

## 除下鏡片 LENS REMOVAL

- 1) 準備清潔鏡片用的藥水並打開樽蓋。  
Open the contact lens case and bottles of solutions.
- 2) 徹底清洗雙手並用抹手紙抹乾。  
Clean your hands thoroughly and dry them with lint free paper towels.
- 3) 先確定鏡片仍在眼角膜上方可除鏡。  
Ensure that the lens is centred on the cornea before attempting to remove it.
- 4) 先摘除右鏡：  
Remove the right lens first:

方法一：用中指把下眼瞼拉下，把食指尖放在鏡片中間位置，輕輕地把鏡片移到下眼白位置，同時眼睛向上望，用大拇指和食指把鏡片除下。  
Method A: Place the tip of the index finger on the centre of the lens. Use middle finger to pull your bottom lid down. Gently slide the contact lens down to the inferior bulbar conjunctiva by index finger while looking up. Pinch the contact lens out with thumb and index finger straight away.

方法二：把食指指尖放在鏡片中間位置，用中指把下眼瞼向外拉下(耳朵方向)。輕輕把鏡片拖向外眼白位置，同時眼睛向自己(鼻子方向)，用大拇指和食指把鏡片除下。  
Method B: Place the tip of the index finger on the centre of the lens. Use middle finger to pull your bottom lid down and away. Gently slide the lens temporarily while simultaneously directing the gaze nasally. Pinch the contact lens out with first and index finger straight away.

- 5) 清洗右鏡。  
Clean the right lens first.
- 6) 重複方法一或二把左鏡除下清洗。  
Repeat either Method A or B with the other contact lenses. Clean the left lens.

## 消毒鏡片 CLEANING & DISINFECTING

- 1) 輕搖鏡片清潔液或多功能隱形眼鏡藥水數下。  
Shake the bottle of daily cleaner well before using it.
- 2) 將鏡片放於掌心，使用數滴鏡片清潔液或多功能隱形眼鏡藥水，輕輕搓揉鏡片的兩面及邊緣，每面約20秒，再用生理鹽水沖洗鏡片。  
Place the contact lens on your palm. Put a few drops of lens cleaner / multipurpose solution on the lens surface. Rub each side of the lens thoroughly with forefinger for 20 seconds and rinse lens with enough saline solution to remove all debris.
- 3) 打開鏡盒蓋，小心將鏡片依正確底面放入鏡盒中央：右鏡放在鏡盒的右邊(R)，左鏡放在鏡盒的左邊(L)。  
Open the lens case. Carefully place the lenses in the appropriate side: right lens in the right side (R) and left lens in the left side (L).
- 4) 注入多功能藥水到鏡盒內，注意藥水要完全浸過鏡片。  
Fill the lens case with fresh multipurpose solution so that the lens is fully covered.
- 5) 重複以上步驟清洗左鏡。  
Repeat the above steps with the other lens.
- 6) 消毒程序最少要六小時或以上，並放置於陰涼地方。  
The lenses should be soaked for a minimum of 6 hours for complete disinfection. The lens should be stored at a cool dry place.
- 7) 如有需要，請依照眼科視光師建議每星期進行除蛋白清潔。  
If needed, protein removal has to be performed once a week. (Depends on the instructions given by your optometrist)

### 注意!

定時修剪指甲，不要留長手指甲和保持手指甲清潔。

Trim your fingernails regularly, make sure they are clean and short.



## 配件要常常清潔

### CLEANING CONTACT LENSES ACCESSORIES

#### 日常清潔

##### DAILY CLEANING

- 1) 用軟毛小刷子(如牙刷)和鏡片清潔液或不含潤膚成份的皂液，清洗鏡盒、夾子和吸盤，特別注意洗刷鏡盒蓋內緣和鏡盒間之縫隙。  
With soapy water or contact lens cleaner, and a small brush (e.g. toothbrush); clean the contact lens storage case, forceps, and the suction holder. Make sure the case is cleaned thoroughly, including the edges and inner part.
- 2) 以清水沖洗後，放置陰涼處風乾，或以不含棉絮的抹手紙抹乾。  
Rinse everything with tap water; air-dry them or dry them with lint free paper towels.

#### 每週消毒

##### WEEKLY DISINFECTION

- 1) 把已洗淨的配件放入器皿內，注入沸水，加蓋焗十分鐘。  
Soak all contact lens accessories into a container filled with hot water. Cover and soak for 10 minutes.
- 2) 取出並放置陰涼處風乾或以不含棉絮的抹手紙抹乾。  
Air-dry everything or dry them with lint free paper towels.

#### 每三個月更換

##### CHANGE EVERY 3 MONTHS

隱形眼鏡配件(包括鏡盒、夾子和吸盤)最少每三個月更換一次。每次使用配件前，要先以生理鹽水或多功藥水沖洗方可使用。  
All contact lens accessories (including contact lens storage case, forceps and suction holder) should be changed at least once every 3 months. Rinse all the new accessories with saline or multi-purpose solution before use.

## 鏡片及藥水的衛生守則

### HYGIENE AND CLEANING

- 1) 若要使用化妝或護膚產品，緊記「先戴鏡後化妝、先除鏡後卸妝」。戴除鏡片時，要避免觸及睫毛。  
Insert contact lenses before applying makeup or face cream, remove lenses before removing makeup.
- 2) 戴鏡前先檢查鏡片有沒有崩缺或裂痕，切勿佩戴已損壞的鏡片。  
Before lens insertion, make sure there's no lens tear or breakage. Never insert a damaged lens.
- 3) 使用任何隱形眼鏡產品(包括即棄鏡片及藥水)前，要留意有效日期，切勿使用過期產品。  
Before using any contact lens related products (including disposable lenses and solutions), check the expiry date. Never use any expired products.
- 4) 依照眼科視光師指示，使用及定期更換鏡片和藥水，不應擅自更換鏡片或藥水的品牌。  
Follow the instructions given by your clinical optometrists. Do not change the contact lens brand or solution without asking them.
- 5) 開封後的藥水須每月更換。  
Discard any unused solution 1 month after opening.
- 6) 生理鹽水只能沖洗鏡片，不能用作清潔消毒或泡浸鏡片。  
Saline is only for rinsing, not for disinfecting or storing.
- 7) 鏡片、藥水和配件要放置在乾爽及陰涼處，不應放在潮濕的地方(如洗手間和浴室)或雪櫃內。  
All contact lenses, solutions and accessories should be kept in a cool dry place. Do not store them in fridge or in a humid environment (e.g. Washroom; bathroom).
- 8) 使用藥水時要避免接觸藥水樽口，使用後要立刻蓋好瓶蓋；如樽口受污染，必須立即更換藥水。  
Avoid contaminating the bottle tip with anything. Recap the bottle right after use. If the bottle tip is contaminated, discard the solution.

配件每週要用沸水消毒。  
All contact lens accessories should be disinfected by hot water once a week.

白色瓶蓋的藥水代表藥水可以直接觸及眼睛。而紅色則表示藥水要經中和後才可以入眼。  
Contact lens soaked in solutions from white bottle tip can be inserted directly into your eyes. Solutions from red bottle tip have to be neutralized before insertion.

必須詳細閱讀不同品牌藥水的使用守則。  
Please read all the information sheets which come with your solution pack carefully.

# 讓眼睛休息

## REST YOUR EYES

- 1) 眼睛不適時應停戴隱形眼鏡。戴鏡時如感到眼睛不適或眼紅，應立刻取下鏡片；如眼睛不適持續，應立刻找眼科視光師檢查。  
No contact lens wear if you experienced any discomfort in your eyes. Remove your contact lens as soon as you feel any discomfort or increase redness. Contact your clinical optometrist and have your eyes checked if symptoms persist.
- 2) 如感到眼痛、眼紅、淚水過多、分泌增加及視力模糊等角膜炎症狀，應立即求診。  
If you experienced any inflammatory responses like increase redness, soreness, increase tearing, discharge or blurred vision, please see your optometrist or seek medical advice.
- 3) 大部份隱形眼鏡並不適宜作小睡用，因為眼睛有機會因角膜嚴重缺氧，引致角膜受損。  
The majority of contact lenses are not recommended for sleeping or napping as it increases the risk of corneal hypoxia thus leading to corneal injury.
- 4) 偶爾佩戴隱形眼鏡的人士，如做運動時才佩戴隱形眼鏡，應遵從眼科視光師建議的佩戴時間、模式、清潔方法，保持眼睛健康。  
Occasional contact lens wearer (e.g. wearing contact lens for sports only) should follow the recommended wearing schedule and instructions given by your clinical optometrist to maintain eye health.

## 隱形眼鏡 謬誤為你解 CONTACT LENS Q&A



### 有散光人士不可佩戴隱形眼鏡 ❌

正解：散光人士適用的隱形眼鏡已推出多時，即使是每月更換及每日即棄的隱形眼鏡亦備有適合散光人士的選擇。

#### Can I wear contact lens if I have astigmatism?

Toric contact lenses have been launched in the market for quite a long time. Toric contact lenses are available in conventional custom made lenses; weekly disposables and daily disposables.



### 燒烤會熔掉隱形眼鏡 ❌

正解：燒烤時的高溫可能會令眼睛的濕潤度降低，因此雙眼可能感到份外乾澀，但絕不會因此而熔掉隱形眼鏡。

#### Will contact lens melt during Barbecuing?

Increased temperature in the surrounding environment during Barbecuing might cause lens dehydration, resulting in grittiness and dryness. But your contact lenses would not melt.



### 只可佩戴十年隱形眼鏡 ❌

正解：隱形眼鏡可佩戴的年期，視乎眼睛的健康狀況而定，建議每半年進行一次全面眼科視光檢查，由合資格的眼科視光師評估眼睛健康狀況。此外，選用藥水及處理鏡片是否得宜亦會直接影響佩戴隱形眼鏡的年期。若眼睛保養得宜，一般可佩戴超過十年。

#### Can I wear contact lens for more than 10 years?

The period of contact lens wear depends on the health condition of your eyes. Half yearly checkup is recommended for those who wear contact lenses on a regular basis. Checking should be performed by your clinical optometrist. Choosing suitable contact lens solutions, lens caring and hygiene will directly affect the health condition of your eyes. In most cases, contact lens can be worn more than 10 years.



### 游泳及進行水上活動時不能佩戴隱形眼鏡 ❌

正解：游泳時只要戴上泳鏡，便可佩戴隱形眼鏡。不過建議游泳和進行水上活動時，佩戴用完即棄的隱形眼鏡，並於活動後盡快除掉或更換另一對新的隱形眼鏡，因為泳池水及海水中的細菌會沾染在隱形眼鏡鏡片上。

#### Can I wear contact lenses when I go swimming or when playing watersport?

Contact lens is allowed during watersports or swimming provided that goggles are worn. Daily disposables contact lenses are recommended. Contact lenses have to be removed or changed right after swimming or any watersport as lenses might be contaminated by pool water or sea water.



### 使用「免搓」藥水，只須將鏡片浸泡於藥水中便足夠 ❌

正解：即使選用產品上註明「免搓」的隱形眼鏡藥水，亦建議搓揉鏡片的兩面及邊緣，清理殘留在鏡片上的眼睛分泌物，再用生理鹽水或多功能藥水沖洗鏡片，使用藥水前更應仔細閱讀每種藥水的使用方法。若使用傳統一年拋棄的隱形眼鏡，除必須於每次取下鏡片，搓揉鏡片兩面及邊緣，還要定期進行除蛋白的程序。

#### If I am using "no rub" multipurpose solution, do I just soak my contact lenses in the solution without rubbing them?

Even if you are using "no rub" multipurpose solution, rubbing the edges of contact lenses on both sides and rinse them with saline solution or multipurpose solution are recommended as there might be lipid or mucous deposited on lenses. Please read all the information sheets which come with your solution pack carefully. If you are using conventional lenses, apart from rubbing lenses on both sides and rinse them with saline or multipurpose solution every time after use; weekly protein removal has to be done.

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