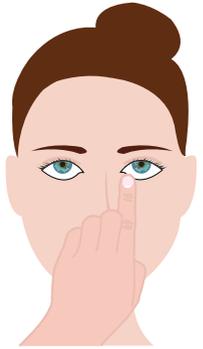


## How to remove your Artificial Eye:

- Always wash your hands before handling your prosthesis.
- Place a towel over the basin or table in front of you. This will protect the Artificial Eye in the event that it is dropped.



1 Look up.

2 Gently press the bottom lid down, and behind the lower edge of the Artificial Eye with your finger.



3 Continue to push your eyelid behind the Artificial Eye, starting from your nose and sliding towards your ear.

The prosthesis should be dislodged and drop into your other hand.

## Removing your prosthesis with Suction Cup:

You may prefer to use a Suction Cup (used for removal of Hard Contact Lenses) to remove your prosthesis. You may be able to purchase them from your Ocularist.



1 Look up.

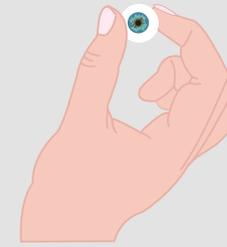
2 Press the bottom lid down, and apply the suction cup to the lower part of your prosthesis.



3 Ease your prosthesis out of the socket, using the suction cup as a lever.



## How to put your Artificial Eye back in:



1 Hold your Artificial Eye on the two horizontal corners (to the tips of your fingers).

Look down.



2 With your other hand, lift up your top eye lid (you will have a good grip close to your eyelashes).

Put the top part of the Artificial Eye under your top eye lid.



3 While holding the Artificial Eye under the top eye lid, use your other hand to pull you bottom eye lid down and over the lower edge of the Artificial Eye to hold it in place.

## When to replace your Artificial Eye:

Due to natural changes to your eye socket and eye lids over time, it is necessary to replace your prosthesis every 3-5 years to maintain a correct fitting.

Children, as they are growing, will need a new eye more frequently than adults.

In general, the less you handle your prosthesis the better. Many people wear their prosthesis for several weeks or months before cleaning becomes necessary.

If you are wearing a Scleral Shell, you may need to remove it at night for comfort.

Be careful with hairspray, perfume, aftershave and peroxide. As well as chemicals like petrol, alcohol and paint thinners.

These products can damage the plastic of your Artificial Eye and cause irritation to your eye socket.

## Visit your Ocularist regularly to:

- have your prosthesis thoroughly cleaned and polished,
- check the health of your eye socket,
- check that the prosthesis is still fitting correctly,
- discuss your individual requirements for the care and maintenance of your prosthesis.

## How often should my prosthesis be cleaned?

Tears contain protein. As tears evaporate, a coating of protein forms on the surface of the prosthesis. Homeostasis is established over 3-4 months. After this time excessive protein build up leads to irritation of the underside of the eye lids. Cleaning and polishing of the prosthesis removes this protein build up.

Individual variation exists, and you should discuss the care and maintenance of your prosthesis with your Ocularist.

A scratched prosthesis will also irritate the eye lids and requires polishing.

Cleaning and polishing of your prosthesis improves comfort, reduces excessive secretion and helps to prevent infection.

Rigid contact lens products can be used to clean your prosthesis.

You can rinse your socket with Normal Saline Solution.

Ask your pharmacist to recommend some Artificial Tears if your eye feels dry.

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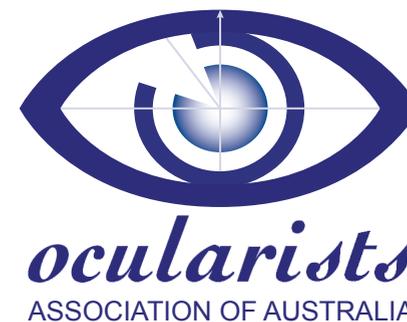
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