



Contact Lens Application & Removal

COVID-19 CONSIDERATIONS

The Contact Lens and Cornea Section of the American Optometric Association (AOA) developed a list of application and removal safety precautions to help eye care practitioners provide care to contact lens patients during the COVID-19 pandemic.

Safety Precautions for Contact Lens Fitting and Training

Follow these tips to protect you, your staff and patients.

- 1 Be mindful of potential COVID-19 activity in the state, community or region.
- 2 Known or suspected COVID-19 patients should suspend use of contact lenses and defer routine contact lens fitting and training.
- 3 Prioritize hygiene, including encouraging the use of daily disposable contact lenses.
- 4 Due to the proximity and length of time needed to traditionally train the new contact lens wearer, this video can be shared with patients in advance of their in-office appointment. This can cut down on the trainer/trainee interaction time.
 - Share the CooperVision Application and Removal video which can be found [here](#).
- 5 Make certain the training area is appropriately cleaned by wiping down all surfaces with an approved disinfectant while adhering to recommendations on necessary contact time.
- 6 The contact lens training area should be socially distanced from all other patients and activity in the office.
- 7 Due to the proximity needed to properly train the first-time wearer, the contact lens technician/trainer should follow all federal, state and local guidelines which may include things like wearing a mask, washing hands before and after working with a patient, using gloves and wearing a face shield.*
- 8 The patient should be masked and hands appropriately washed.
- 9 Once the patient has reached an appropriate level of proficiency handling the contact lenses, be certain to reiterate the appropriate wearing schedule and proper care of the lenses. Especially during this time, it's important to stress proper contact lens hygiene.
- 10 Stress the importance of prescribed contact lens replacement schedules and appropriate lens disposal practices emphasizing avoiding disposal of lenses into water sources such as drains or toilets. Encourage proper recycling of lens materials, cases and solutions.
- 11 Through an approved Telemedicine Platform, virtually provide as many follow-up visits as necessary to ensure that lenses are well-fitting.
- 12 Instruct patient to notify the doctor immediately if they develop pain, red eye, conjunctivitis, decrease in vision, or other ocular symptoms.

Interested in more tips to help you during these unprecedented times?
Visit the CooperVision COVID-19 Resource page [here](#).

*<https://www.osha.gov/Publications/OSHA3990.pdf>

