

# Looking after your artificial eye

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**This leaflet is for patients who have been fitted with an artificial eye and gives advice on how to care for the eye.**

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## About your new eye

The function of an artificial eye is to restore as closely as possible the appearance of the eye that has been lost, and every effort is made to reproduce the characteristics of the missing eye. Artificial eyes are generally now acrylic rather than glass.

## Putting your artificial eye in

Make sure that your artificial eye is clean and lubricated and that you hold it in the 'six o'clock' position. Seated in front of a mirror, lift the upper eyelid up with your thumb, holding the artificial eye in your other hand. Insert the eye, pushing it gently as far as it will go. Release your upper eyelid and support the eye with your thumb. Then, gently pull the lower eyelid over the eye. Check there are no eyelashes trapped, and that the artificial eye is in the correct position.



## How to remove your artificial eye

Seated in front of a mirror, tilt your head back and push the lower eyelid down under the edge of the artificial eye. The eye should then slide out over the lower lid. If you find this difficult to do, you may find using a rubber sucker or an extractor helpful. The nurse can show you how to use this.

## Keeping your artificial eye clean

All prosthetic eyes can be washed with liquid soap using the thumb and forefinger. Thoroughly rinse the artificial eye and your hands, ensuring all traces of soap are removed before inserting the eye. Always clean the eye over a bowl of water or

clean towel, just in case it slips from your grasp. Cleaning of the artificial eye is usually not needed more than once per week and many eyes can be left in place for up to a month without needing cleaning. Any top brand of hard contact lens solution can be used to lubricate the eye. Artificial eyes should be checked and polished once a year by an ocular prosthetist at the Royal Berkshire Hospital.

## Contacting us

If you have a minor eye problem, please seek advice from your GP, optician or pharmacist. If urgent, please attend Eye Casualty or call 111.

Eye Casualty (Reading):	Mon-Fri 9am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day.
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 9am to 5pm; Sat 9am-12.30pm; Closed Sun & bank holidays.
Dorrell Ward (Reading):	0118 322 7172 (24 hours a day)
Eye Day Unit (Reading):	0118 322 7123 (Mon-Fri 7am to 6pm)

Outside of Eye Casualty hours, you should telephone your GP's out of hours service, ring NHS 111 or if you have serious concerns, visit your nearest Emergency Department (A&E).

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Ophthalmology, June 2023

Next review due: June 2025