

# Wearing a bandage contact lens to protect your eye whilst it is healing

Department of Ophthalmology

Information for Patients

Last reviewed: March 2026

Next review: March 2029

Leaflet number: 1287 Version: 2

## What is a bandage contact lens?

Bandage contact lenses are used to help the healing of the front surface of the eye (cornea). They help by protecting the injured or damaged cornea from rubbing by blinking eyelids. The bandage contact lens will often make the eye feel more comfortable. It is usually a soft contact lens, but not always.

To get most benefit from these lenses, they are kept in the eye all the time and not taken out at night. The lenses can be left in the eye up to several weeks at a time.

## Will I feel the lens?

You may be aware of the lens when it is inserted but they should settle and be comfortable after a few minutes.

## Will the lens have to be changed?

You will not normally be expected to look after your contact lens. If you have a bandage contact lens in your eye this will need to be checked and cleaned or changed by your optometrists normally every 4 weeks (unless advised otherwise by your eye doctor). If it has been longer than advised at your last visit then you should contact our optometry unit (details on last page).

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## How long will I need to wear it for?

Most people will only need to wear a bandage lens for a short time whilst your cornea heals. If you need to wear it for longer term, we may instruct you on how to look after the lens yourself when needed.

## Can I still use my prescribed eye medication/drops while wearing the lens?

You should continue to use any eye drops prescribed by your eye doctor whilst you are wearing the bandage contact lens. It is normally advised to use preservative free eye drops while you are wearing the contact lens. It is not normally advised to use any eye ointment with the lens in the eye. Speak to your eye doctor about this if you are not sure.

## Are there any risks with wearing a bandage lens?

Contact lenses get worn out if you wear them all the time. This can also increase your risk of getting an eye infection. It is important that you maintain good hygiene and follow the advice as below.

## What advice do I need to follow while wearing the lens?

- Try not to touch your eye whilst the contact lens is in your eye. Always make sure your hands are clean and dry if you have to touch your eye.
- Avoid getting tap water in your eye especially whilst having a bath, shower or washing
- Do **not** swim whilst wearing the contact lens.
- If the contact lens falls out of your eye do not try and insert it yourself as it will no longer be sterile. Please contact the contact lens clinic as soon as possible and they will arrange for a new lens to be inserted. In an emergency, you can contact Eye Casualty to arrange to have this replaced.
- If your eye becomes more painful, red, sore, sticky or your vision gets worse please contact Eye Casualty right away as it is possible you may have an infection in your eye.
- Please ensure that you keep your eye appointments. If you can not attend your appointment for your contact lenses please contact the optometry unit to re-arrange.



## Contact details

### Contact Lens Clinic at the Optometry Unit

**0116 258 5858**

Monday to Friday: 9am to 12.45pm and 1.30pm to 4pm

### Eye Casualty

**0116 258 6273**

Monday to Friday: 8.30am to 4.30pm

Weekends: 8.30am to 12.30pm

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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