

Inserting and Removing Soft Contact Lenses

- Wash hands with a mild perfume and moisturizer free soap
- Dry hands with a lint-free towel before handling lenses
- Always handle the same lens first to avoid mixing up the right and left lenses.
- Remember to handle your lenses gently.

Inserting the Lens into your eye

- Place one of the lenses on the tip of the index finger of the hand you write with (your dominant hand).
- Be sure the lens is right-side-out (the edges should turn up, not out).



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- Look straight ahead looking at your mirror, you should be able to see the contact (a faint circle around the colored part of your eye)
- Pull down your lower eyelid with the middle finger of the same hand.
- Pull the top lid up with the index finger of the other hand.
- Gently put the lens on to the colored part of your eye.
- Look down, and close your eyes for a moment. The lens will center itself.
- Sometimes lenses may not settle completely or a bubble may form between the lens and your eye. Look in all 4 directions and slowly close your eyes and gently massage the eye.
- Repeat for the other lens.

Removing the lens from your eye

- If the contacts feel dry you can use a 1-2 drops of your favorite lubricating and rewetting drop just before you remove your lenses.
- Look up and pull the lower lid down with the middle finger of your dominant hand.
- Place your index finger on the lower edge of your lens, and slide the lens down to the white of your eye.
- Remove the lens by gently pinching the lens with your thumb and index finger and release your eyelid.

Cleaning the lens after removal

- Place the contact on the palm of your non-dominant hand. Put a few drops of multipurpose solution on it and rub with the index finger of your dominant hand for 5-10 seconds. Rinse the contact with multipurpose solution and place contact in the case. Pour enough solution in the case to almost fill the case and cover the contact and close the case.
- The contact lens should never be left to dry out and the solution in the case should always be changed. (the disinfection part of the solutions do not last very long) and water should never be used to store or rinse contacts.
- Repeat for the other eye.