Soft Contact Lens Insertion and Removal Guide

Soft Contact Lens Insertion

1. Always wash and dry your hands before handling contact lenses.
2. Always insert and remove your contacts over the sink - that way, if you accidentally drop a lens, you'll be able to find it easier. Just make sure to plug the sink!
3. Pour the right lens and storage solution from the case into your palm. It's good to get in the habit of always working with the right lens first, just to avoid mix-ups.
4. Soft contacts tend to stick to wet fingers. Make sure your fingers are clean and dry.
5. Place the right lens on the tip of the index finger of your dominant hand.
6. Using the middle finger of your other hand, pull and hold your upper eyelid open, so you cannot blink.
7. Pull down your lower eyelid, using the middle finger of your inserting hand.
8. Look up and place the lens gently on the lower white part of your eye. Or, look straight at the lens, and place it directly on the center of your eye.
9. Look down to position the lens correctly.
10. Release your eyelid, and close your eye for a moment.

Repeat these instructions to insert your left contact lens.

How can you tell if your contact lens is inside out?

- Hold the contact lens on your fingertip - with the inside of the bowl shape facing up in the air.
- Look at the rim of the contact lens see the shape of the bowl.
- If the curve of the bowl is shaped like a half circle - it is correct...
- If the curve is shaped more like a boomerang - it is inside out.
- Once the contact is in your eye - you will know if it is wrong as it will be a constant irritant.

Storing and cleaning contact lens

To ensure your contact lenses are fresh and comfortable throughout the day, they need to be regularly cleaned, disinfected and reconditioned overnight.

Repeat for your left eye, and you're done!

Soft Contact Lens Removal

1. Always wash and dry your hands before handling contact lenses.
2. Always insert and remove your contacts over the sink - that way, if you accidentally drop a lens, you'll be able to find it easier. Just make sure to plug the sink!
3. Start with your right eye again, for consistency's sake. Have your lens case open and ready, with fresh contact lens solution waiting.
4. Make sure the lens is centered on your eye. If your eye feels particularly dry, insert a few rewetting drops to lubricate your lens before removal.
5. As you look up, pull your lower eyelid down with the middle finger of your inserting hand.
6. Use your index finger to slide the lens down to the lower white part of your eye.
7. Gently squeeze the lens between your thumb and index finger, and remove it from your eye.
8. Rinse the lens with contact solution, and put it into your lens case.

Remember the following instructions when cleaning contact lenses and storing them, in order to provide the best possible lens care.

- Always wash and dry your hands before handling contact lenses.
- Carefully and regularly clean contact lenses, as directed by your eye doctor. Rub the contact lenses with your fingers and rinse thoroughly before soaking lenses overnight in sufficient multi-purpose solution to completely cover the lens.
- Only fresh solution should be used when storing and cleaning contact lenses. Never reuse old solution. Contact lens solution must be changed according to the manufacturer's recommendations, even if the lenses are not used daily.
- Don't assume that just any solution will do. Use only products recommended by your eye doctor to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect lenses.
- Discard used solution from the case. Thoroughly rinse your case daily with hot water. Keep the case open and air dry.
- Store lenses in the proper lens storage case and replace the case at a minimum of every three months.
- Sometimes particles, like makeup, may get stuck to your lenses. When this happens, wet your fingers with contact lens solution and try gently rubbing the material off of your lenses. Clean and rinse normally.
- If you don't wear your lenses every day, or you store them for a few days, you'll still need to clean and disinfect them before you wear them again. Follow the directions on your contact lens care solution.
- Always follow the recommended contact lens replacement schedule prescribed by your eye doctor.
- See your eye doctor regularly for scheduled contact lens and eye examinations.

By visiting your eye doctor regularly and caring for your contacts properly, you can look forward to happy and healthy lens wear.