

Contact Lens Insertion

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Insertion Of A Contact Lens

Placing the contact lens on the eye

Wash, rinse and dry your hands thoroughly.

Remember, start with your right eye. Once you have opened the contact lens package, removed and examined the lens, follow these steps to apply the contact lens to your eye:

- Place the contact lens on the tip of your forefinger. **BE SURE THE CONTACT LENS IS CORRECTLY ORIENTED.**
- Place the middle finger of the same hand close to your lower eyelashes and pull down the lower lid.
- Use the forefinger or middle finger of the other hand to lift the upper lid.
- Place the lens on the eye.
- Gently release the lids and blink. The lens will center automatically.
- Use the same technique when inserting the lens for your left eye.

Note: If you need to rinse the lenses before you insert it into your eye, use only fresh sterile saline solution. Never use tap water.

Alternative Methods Of Insertion

There are other methods of contact lens placement. If the above method is difficult for you, your eye care practitioner will provide you with an alternate method. Note: If after placement of the contact lens, your vision is blurred, check for the following:

The contact lens is not centered on the eye.

If the contact lens is centered, remove the contact lens (see “ Contact Lens Removal”) and check for the following:

- a. Cosmetics or oils on the lens. Dispose of the contact lens and insert a new contact lens.
- b. The contact lens is on the wrong eye.
- c. The contact lens is inside-out (this would also make the lens feel uncomfortable).

If you find that your vision is still blurred after checking the above possibilities, remove both contact lenses and consult your eye care practitioner.

If a contact lens becomes less comfortable than when it was first inserted, or if it is markedly uncomfortable upon insertion, remove the lens immediately and contact your eye care practitioner.

After you have successfully inserted your contact lenses, you should ask yourself:

How do the contact lenses feel on my eyes?

How do my eyes look?

Do I see well?

If your examination shows any problems **IMMEDIATELY REMOVE YOUR LENSES AND CONTACT YOUR EYE CARE PROVIDER.**



Contact Lens Removal



Removing A Contact Lens

Always remove the same contact first

Wash, rinse and dry your hands thoroughly.

CAUTION: Always be sure the contact lens is on the cornea before attempting to remove it. Determine this by covering the other eye. If vision is blurred, the contact lens is either on the white part of the eye or it is not on the eye at all. To locate the lens, inspect the upper area of the eye by looking down into a mirror while pulling the upper lid up. Then, inspect the lower area by pulling the lower lid down.

There are two recommended methods of contact lens removal: the Pinch Method and the Forefinger and Thumb Method. You should follow the method that was recommended by your eye care practitioner.

- Pinch Method: Look up, slide the contact lens to the lower part of the eye using the forefinger. Gently pinch the contact lens between the thumb and forefinger. Remove the contact lens.
- Forefinger and Thumb Method: Place your hand or towel under your eye to catch the contact lens. Place your forefinger on the center of the upper lid and your thumb on the center of the lower lid. Press in and force a blink. The contact lens should fall onto your hand or the towel.

Note: The contact lens may come out but remain on the eyelid, finger or thumb. Remove the other contact lens by following the same procedure. Follow the required lens care procedures.

Note: If these methods of removing your contact lenses are difficult for you, your eye care practitioner will provide you with an alternate method.

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