Applying and Removing your Contact Lenses

Applying: Step-By-Step

STEP 1:
Thoroughly wash and dry your hands with soap and a clean towel.
STEP 2:
Rinse your lens with solution to remove any trace of debris.
Tip: To avoid mixing up your lenses, always apply and remove the lens for your RIGHT eye first.
STEP 3:
Place the lens on the tip of your index finger. Be sure the lens is correctly oriented by checking the inside-out marker.
STEP 4:
Use your other hand to hold your upper eyelid so you won't blink.
STEP 5:
Pull down your lower eyelid with the other fingers of your applying hand.
STEP 6:
Look up at the ceiling and gently place the lens on the lower part of your eye.
STEP 7:
Slowly release your eyelid and close your eye for a moment.
STEP 8:
Blink several times to center the lens. You're all set.
STEP 9:
If your lens feels uncomfortable, remove it and inspect for damage or debris. If it's damaged, discard it. Otherwise, rinse with more solution and reapply.

Removing: Step-By-Step

STEP 1:
Thoroughly wash and dry your hands with soap and a clean towel.
Tip: To avoid mixing up your lenses, always apply and remove the lens for your RIGHT eye first.
STEP 2: Looking up, pull downs your lower eyelid with the middle finger of you inserting hand. The use of rewetting drop may be helpful in freeing the lens from the cornea for removal
STEP 3:
Use the index finger to pull the lens down
STEP 4:
Slide the lens down to the lower white part of your eye
STEP 5:
Gently squeeze the lens between your thumb and index finger then remove it from your eye
TIP: Make sure you are not grabbing the lens with your nails. It can cause the lens to tear.
STEP 6:
Remove left lens following same procedure. Follow the lens care procedures recommended by your eye care professional

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