

Soft Contact Lens Insertion and Removal



Insertion

1. Always wash your hands before handling your contact lenses. Eye irritation may result if skin oils, nicotine, cosmetics, lotions, soaps, etc. come in contact with your lens prior to insertion.
2. Take your contact lens out of the case. Do not touch the lens with your fingernails. Keep fingernails well trimmed to prevent damaging the lens.
3. Rinse each contact lens for 10 seconds with your recommended solution. Never rinse your contact lenses in water.
4. To prevent losing a lens, do not handle contact lenses over the sink.
5. Make sure the contact lens is right side out. A lens that is inside out will be less comfortable and may reduce vision.
6. With the fingertip of the hand not holding the contact lens, pull your upper eye lid up and hold against your eyebrow.
7. Hold the lower lid down with the middle finger holding the lens. Gently place the contact lens on the eye with the pointer finger.
8. After placing the contact lens on your eye, roll your eye around to allow the lens to position into place. Close your eye gently, blinking a couple of times to center the lens.
9. If you drop your contact lens do not move excessively. Search your clothing and surrounding areas. If the lens is dehydrated when you find it, apply a few drops of your solution to avoid cracking the lens. Then rinse both sides of your lens with solution thoroughly for 10 seconds.
10. If a contact lens is uncomfortable or vision is blurred when inserted try removing the contact lens, clean it, and then reinsert the lens. If the discomfort or blur persists, remove lens and call the office. Never wear a damaged contact lens.
11. Wear your contact lenses consistently each day following the wearing schedule provided by your doctor.
12. After removing the contact lenses from the case, discard the solution and rinse the case with water each day. Leave the case open to air dry. Replace your case every few months.
13. Do not rub your eyes while wearing your contact lenses.
14. Do not swim with your contact lenses unless you are wearing goggles.
15. Avoid using aerosol products, such as hair spray, and oils such as suntan lotions, while wearing your contact lenses. If sprays are used, keep your eyes closed and leave the room until the spray has settled. (10 minutes minimum.)

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Removal and Cleaning

1. Again, wash your hands thoroughly.
2. Fill your clean case with the recommended solution and set aside.
3. Pull your lower lid down with the middle finger, with the other hand pull upper lid to your eyebrow and hold it tightly (same technique as insertion). Apply a little pressure to contact lens and slide it away from your nose onto the white part of your eye. While the contact lens is in the corner of your eye, pinch the lens gently with the thumb and pointer finger and lift lens off of your eye. Place the contact lens in your case and make sure contact lens is completely covered with solution. Leave the lenses in your case until the next time you wear them.
4. Make sure that the contact lenses are placed in the correct chamber of the case to avoid mix-up.
5. Do not store your contact lenses in extreme temperatures.
6. Keep a pair of prescription glasses handy at all times in case of a lost or damaged contact lens.
7. If you are wearing extended wear contact lenses (your doctor will advise you of this), put lubrication drops in your eyes before and after sleep to insure proper lens rewetting.
8. Always consult our office before using any medicine or other drops in your eye while wearing your contact lenses.
9. Make sure you wear your contact lenses at least 2-4 hours before any office visits with the doctor, unless otherwise instructed.

If your eye becomes red, irritated, or painful please call our office.