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## **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. It is best to insert contact lenses prior to applying make up.
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 5 seconds with your recommended solution. Never rinse your contact lenses in water.
4. To prevent losing a lens, do not handle contact lenses over an open sink.
5. Make sure the contact lens is right side out. A lens that is inside out will be less comfortable and may reduce your vision.
6. With the fingertip of the hand not holding the contact lens, pull your upper eye lid up and hold it against your eyebrow.
7. Hold the lower lid down with the middle finger of the hand holding the lens. Stare straight ahead and gently place the contact lens on the center of your eye.
8. After placing the contact lens on your eye, look down, then release your upper lid followed by your lower lid. 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 solution to avoid cracking the lens. Then rinse both sides of your lens with solution thoroughly for 10 seconds.
10. If the contact lens is uncomfortable or vision is blurred after the contact is inserted remove the contact lens, clean it, and reinsert the lens. If the discomfort of blur persists, remove lens and call our office. Never wear a damaged contact lens.
11. Wear your contact lenses consistently each day following the wearing schedule provided.
12. Discard your soaking solution each day. Leave the case open to dry until the next use. Replace your case every few months.
13. Do not rub your eyes while wearing your contact lenses.
14. Do not swim while wearing your contact lenses unless you are wearing goggles. Avoid sitting in a hot tub while wearing your contact lenses.
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. Do not store your contact lenses in extreme hot or cold places.
3. Fill your clean case with the recommended solution and set aside.
4. 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 the lens straight down onto the white part of your eye, then pinch the lens gently with the thumb and index finger and lift the contact lens off of your eye. Place the lens in your case and make sure it is completely covered with solution. Leave the lenses in your case until the next time you wear them.
5. Keep a pair of prescription glasses handy at all times in case you lose or damage your contact lens.
6. If you are wearing extended wear contact lenses, put lubricating drops in your eyes before and after sleeping to insure proper lens rewetting.
7. Always consult our office before using any medicine or other drops in your eye while wearing your contact lenses.
8. Please 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.***

Discard your contact lenses every \_\_\_\_\_

Your recommended solution is \_\_\_\_\_

Your recommended wearing schedule is:

Day 1=\_\_\_\_\_hours    Day 2=\_\_\_\_\_hours    Day 3=\_\_\_\_\_hours

Increase wearing time 2 hours each day until you build up to a full day of wear.