

HANDLING YOUR LENSES

It is essential that you always practice good hygiene when handling your lenses. Cleanliness is the first and most important aspect of proper contact lens care. ALWAYS wash your hands thoroughly.

BEFORE INSERTING YOUR LENSES

- Always start with the same lens to avoid mix-ups.
- Thoroughly rinse your contact with a multipurpose solution.
- Inspect the lens to be sure that it is clean, uniformly wet and free of debris.

INSERTING YOUR LENSES (See Fig. 1)

- Place the lens on the tip of the index finger of your dominant hand.
- Lean over the table until you are looking straight down
- Place the middle finger of the same hand on the lower lashes and pull down the lower lid.
- Use the forefinger or middle finger of your other hand to hold the lashes of your upper lid firmly against your brow.
- Place the lens gently on the center of the eye.
- Release your lids and blink gently and carefully. Always verify its proper position by checking your vision after insertion.
- Use the same technique to insert the other lens.

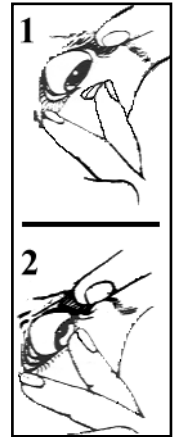


Fig. 1

NOTE: Always look at the lens as it is approaching your eye and do not blink until the lens has been inserted and your fingers have been removed from your eyelids.

CENTERING YOUR LENSES

A lens may become displaced onto the white part of your eye while you are learning the insertion and removal or occasionally while they are worn. To re-center the lens follow these directions (See Fig.2):

- First locate the lens with a mirror.
- Look in the direction opposite to where the lens is located – as far as you can.
- Then gently push the lens onto your cornea by one of these two procedures:
 1. Close your eyelids gently and massage the lens into place by finger pressure through your lids behind the lens; or
 2. While you are looking at the opposite direction to the location of the lens, trap the lens by exerting light finger pressure on your lid. Maintain this finger pressure and look directly in the direction of the displaced lens as far as you can. Then check your vision to confirm that it is centered.

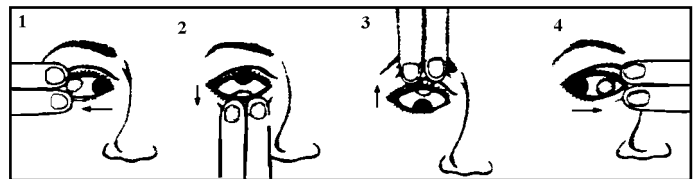


Fig. 2

Things to Remember when Centering Your Lenses

- Do not rush. Neither your eye nor the lens is being harmed while it is on the white part of your eye.
- Before repeating the procedures check the lens position. It may have moved!
- As the lens is sliding onto your cornea you may feel a slight discomfort which tells you that you are doing the procedure correctly and that you should continue it to completion.
- If the lens does not budge it may mean that you have squeezed the lens against your eye and it is held by suction. If so, wait for the suction to release before trying again.
- If you cannot locate the lens with a mirror, it may be higher under your upper lid than you are looking, or it may not be on your eye at all.

REMOVING YOUR LENSES

Before removing your lenses, have the following items available:

1. The Lens Storage Case
2. Multipurpose solution

Seat yourself at a table with a clean towel and lean over until you are looking directly at the towel and use one of these two suggested methods of lens removal (*See Fig. 3*):

1. Blink Method (Preferred):

- Place your index finger at the outer junction of your upper and lower lids, stretch the skin outward and slightly upward while keeping your eyes wide open.
- Cup your other hand below your eye and blink briskly. The pressure of the eyelid will pinch the lens and the lens will drop out into the palm of your hand.

2. Two-Finger Method:

- Place the tip of the forefinger of one hand on the middle of the very edge of your upper lid and the forefinger of the other hand on the middle of the very edge of your lower lid.
- Press the lid margins gently against your eye and then slide them together. The lens should be wedged out of your eye onto your hand or towel.
- If the lens de-centers onto the white part of your eye, it must be re-centered before repeating the removal procedure.

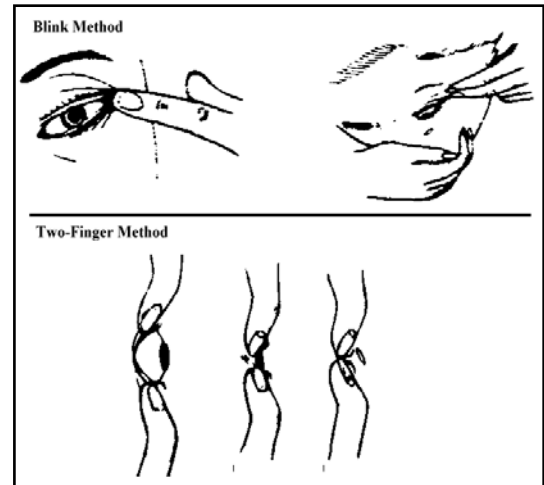


Fig. 3

There are other lens removal methods and once you have worn lenses for a while you will discover which method is best for you.

AFTER REMOVING YOUR LENSES

- Place the lens and several drops of multipurpose solution in the palm of your hand and rub the lens gently so that both surfaces are cleaned. Rubbing loosens the buildup and debris, allowing for clear vision and optimum comfort. Disinfection effectively kills germs on your lens.
- Place your lens in the contact lens case and completely cover the lenses with a fresh supply of multipurpose solution. Close case tightly.
- To maintain good eye health always empty and rinse the contact lens case with fresh multipurpose solution and allow case to air-dry. Refill with fresh solution for every use.

If you have any questions, contact our office at (972) 393-8600.