

### LENS INSERTION

1. Always wash and dry your hands thoroughly.
2. Remove the contact lens from storage case. (Tip: Always begin with the same lens to establish a routine)
3. Place the lens on the tip of your index finger of your dominate hand. (Tip: Make sure your finger is dry because the contact will stick to the wetter surface.)
4. Use the middle finger of your other hand to pull up and hold your upper lid firmly open so you cannot blink.
5. Pull your lower eye lid down using the middle finger of your other hand.
6. Look up slightly and place the lens gently on the lower white part of your eye. Or, with both eyes, look directly in the mirror and place the lens directly on the iris, the colored part of your eye. Look down to position the lens.
7. Slowly release your eyelid and close your eye for a moment.
8. Follow the same procedure for your other eye.

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

### LENS REMOVAL

1. Always wash and dry your hands thoroughly.
2. Look upward and gently pull the lens down.
3. Slide the lens down to the lower white part of your eye and gently squeeze the lens between your thumb and index finger and remove it from your eye.
4. Place the lens in the palm of your hand and apply several drops of multipurpose solution and gently rub the lens with a back and forth motion. Then place the lens in the contact lens case.
5. Completely cover the contact with fresh multipurpose solution and place the cap on tightly.
6. Follow the same procedure for your other eye.



### TIPS FOR HEALTHY LENS WEAR

- Always start with the same lens (right/left) each time in order to avoid mix-ups.
- Sometimes, small pieces of debris trapped behind the lens during its placement can cause discomfort. To remove debris, slide the lens to the side and then back.
- Check the lens to insure that it is not inside out before placing it on your eye. This can be done by simply placing the lens on the tip of your index finger and if the lens assumes an erect, bowl-like shape, it is in the correct position. If the lens appears to have a “lip” formed by the edges pointing outward, the lens is inside out and must be reversed.
- If you drop the contact, place it in the palm of your hand and rinse with multipurpose solution.
- Never use tap water to rinse your lenses or put your lens in your mouth to rewet.
- Do not wear your lenses longer than prescribed and discard any lens that is damaged or dehydrated.
- The best way to minimize your risk for eye infection is to properly, clean, disinfect, and rinse your lenses daily.
- Always rinse your case daily with fresh solution and air-dry.
- It is recommended you replace your lens case every 2-3 months.
- If you wear daily contact lenses, then dispose of the contact after each use and use a fresh pair everyday. (Storing daily contacts is not advised.)
- Recommended multipurpose solutions:  
Opti-Free Express or Replenish by Alcon



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

