

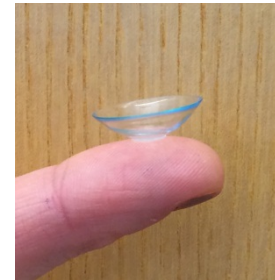
Insertion and Removal of Soft Contact Lenses

This material will help you understand how to insert and remove your soft contact lenses.

How do I put in my contact lenses?

To put in your contacts, follow these steps:

1. Wash your hands with a mild soap and water. Use a soap that does not have moisturizers. Dry your hands with a clean lint-free towel.
2. Remove a lens from its case. Try to get into the habit of always doing the same side first. This will help you avoid mixing up your lenses. When handling the lens, use your fingertips (like the image on the right). Avoid touching it with your nails.
3. Inspect the lens to make sure there are no chips or material on the surface. Hold the lens up to the light to make sure it does not look white or cloudy.
4. Hold the lens by pinching two or three fingers together. The lens should sit on top of your fingertips.
5. Depending on the size on your lens, your doctor may recommend that you fill the lens with a non-preserved sterile saline solution. Fill the lens completely. This will prevent air bubbles from forming between the surface of your eye and your lens. The solution also helps your eye be comfortable while you are wearing the lens.
6. Turn your body so that it is parallel to the floor and you are staring down. It may be helpful to place a mirror with a dot in the center on the table in front of you. Use the dot to help you make sure you are looking



directly towards the floor. Inserting contacts in this position will help make sure fluid does not fall out of the lens.

7. Use your free hand to hold open your eyelids. You can use your fingers to pull open your upper eyelid and lower eyelid at the same time. If this does not open your eye wide enough, you can also use your fingers to pull open your upper eyelid. Place the lens under the upper lid. Once it is in place, move your hand to pull down your lower eyelid. Release your eyelids and then your lens will be in place.
8. Repeat the steps above to put a lens in your other eye.

How do I take out my contact lenses?

To take out your contacts, follow these steps:

1. Wash your hands with a mild soap and water. Use a soap that does not have moisturizers. Dry your hands with a clean lint-free towel.
2. Check to see where the lens is located in your eye. Look straight ahead.
3. If you are using a plunger, wet the tip with saline. Place the plunger on the bottom third of the lens (see image on the right). Pull the plunger up and out. It may be helpful to place the fingers of your free hand under your lower eyelid. As you pull the plunger out, press the eyelid in. This will help release the suction.
4. If you are not using a plunger, place fingers on your upper and lower eyelids next to your eyelashes. Break the seal by pushing your lower eyelid under the edge of the lens. The lens will pop out. Catch it with a towel.
5. Repeat the process with the lens in your other eye.



