

Caring for Soft Contact Lenses



Getting Started



Always have clean hands when handling your contact lenses



Adhere to recommended wear schedules, solutions and drops



Inspect the lenses to make sure they are clean and free of nicks and tears



Always start with the same eye to avoid mixing up lenses



Avoid soaps with moisturizers and perfumes



A mirror and a clean microfiber or lint free towel can be helpful

Applying Your Lenses



Check the lens using the bowl test and position the lens on the index finger of your dominant hand



Secure upper eyelid with one finger of the other hand and carefully pull down the lower eyelid with the middle finger of the lens hand



Move the contact lens towards the eye, place it; centered on the eye and then slowly release the eyelids

Lens Removal



Pull down the lower eyelid using the dominant hand. New wearers often find it easier to secure the upper lid too



Slide the lens down or over to the white part of the eye, keeping the finger on the lens throughout



Squeeze the lens gently between the thumb and index finger to remove



Discard daily disposable contact lenses or clean and disinfect reusable contact lenses