

Contact Lens Care Insertion and Removal

Contact lens care

- Choose a clean, flat surface to work on. If working over a sink, plug the drain and place a towel over the sink to keep dropped contacts from going down the drain.
- Wash and dry your hands thoroughly, avoiding the use of tissue to dry hands, since the loose-weave fibers may be inadvertently transferred from tissue to finger to contact lens.
- After removing the contact lens from its storage container, rinse the lens with solution.
- Inspect the lens for scratches, rips or any other type of defect. Lenses that have a defect should never be inserted, and need to be returned to the manufacturer
- Contact lens storage cases should be rinsed thoroughly with hot water, allowed to air dry, and refilled with fresh soaking solution daily.
- Cases should be replaced monthly

Contact Lens Insertion

- Remove the right lens from the storage case and rinse with solution.
- Place the lens on the tip of your forefinger and visually inspect for rips, cleanliness, and to determine if the lens is correct side out. If the lens is in the correct position, the edges will point straight up. If the lens is inside out the lens will flare out.



- Lift the upper eyelid with the middle finger of the hand opposite the one holding the contact lens. Gently pull down the bottom lid with the middle finger of the hand holding the contact lens.
- Gently place your lens on the central part of the right cornea.
- Repeat to insert left contact lens.

Contact lens removal

- If eyes are dry, moisten them by instilling some non-preserved artificial tears or contact lens rewetting solution.
- Pull down lid of right eye with forefinger of the non-dominant hand.
- Place the tip of the forefinger of the dominant hand on the lower edge of the lens. Gently slide lens down toward the lower white of the eyes (inferior sclera).
- Using the thumb and forefinger of the dominant hand, gently pinch the contact lens and remove contact lens from eye.
- Clean each lens with the appropriate cleaning solution, recommended by your physician.
- Place lens into contact storage case with appropriate physician-recommended cleaning/disinfection solution.
- Repeat to remove lens in the left eye.