

# **CONTACT LENS INSERTION & REMOVAL**

**YOUR INDEX FINGER SHOULD BE DRY**

THE LENS WILL STICK TO THE WETTEST SURFACE!

**THE CONTACT LENS HOWEVER SHOULD BE WET**

THIS HELPS THE LENS STICK TO YOUR EYE!

**FIRMLY HOLD BOTH TOP AND BOTTOM EYELIDS & EYELASHES**

BLINKING IS THE #1 PROBLEM AREA FOR NEW PATIENTS!

**LOOK STRAIGHT INTO THE MIRROR & KEEP BOTH EYES OPEN**

IF YOU LOOK AWAY YOU CAN'T GET THE LENS ON!

**GENTLY PLACE THE CONTACT LENS ONTO YOUR EYE**

KEEP MOVING FORWARD UNTIL YOU TOUCH YOUR EYE!

**SLOWLY PULL YOUR FINGER AWAY FROM YOUR EYE**

IF YOU GO TOO FAST THE LENS WON'T STICK ON YOUR EYE!

**LOOK DOWN, UP & SIDE TO SIDE**

THIS HELPS TO CENTER THE LENS!

**SLOWLY CLOSE YOUR EYELIDS & GENTLY PAT YOUR EYE**

THIS FORCES AIR BUBBLES OUT FROM UNDER THE LENS!

**CHECK YOUR VISION WITH THE CONTACT LENSES**

IF YOU CAN SEE THE LENS IS ON YOUR EYE!

## **CONTACT LENS REMOVAL**

**PUT A DROP OF REWETTING SOLUTION IN BEFORE REMOVAL**

THIS MAKES THE LENSES EASIER TO TAKE OFF!

**USE THE PADS OF YOUR THUMB & FOREFINGER TO PINCH LENS OFF**

THIS PREVENTS NICKING OF THE LENS WITH YOUR NAILS!

**WEAR YOUR CONTACTS IN YOUR EYES FOR YOUR NEXT CHECK UP**