Insertion and Removal Instruction for Soft Contact Lens Wear

Inserting Your Lenses

1. Wash your hands and dry them thoroughly. Wet fingers may cause the lens to stick to your finger.
2. Remove your right lens from the case. Always start with the right lens first so that you do not mix up your lenses.
3. Rinse your lens with your contact lens solution to remove any debris from the lens.
4. Place the lens on the tip of your index finger and check to make sure the lens is not inside out. An inside out lens will look like a bowl with a lip around the edges.
5. Using the middle finger of your other eye, pull down on you lower lids and use your index finger of that hand to pull up on the upper eyelid. You should not be able to blink when holding your lids.
6. Look up and gently place the contact lens on the lower part of the white of your eye.
7. Slowly release your eyelids and close your eye for a moment.
8. Open your eye and blink several times to allow the lens to center on your cornea.
9. In some cases, you may have small dust particles trapped behind the lens during its placement and may cause some discomfort. To correct this, slide the lens around on your eye or place a few drops of solution or rewetting drops into your eye to remove the particles.
10. Repeat the steps above for inserting the left lens.

Removing Your Lenses

1. Wash and dry your hands thoroughly.
2. Look up and pull down on your lower eyelid with the middle finger of your dominant hand.
3. Bring your index finger up to your eye and slide the lens down onto the white part of your eye.
4. Gently squeeze the lens between your thumb and index finger and remove it from your eye.
5. Follow the proper care and cleaning of your lenses as directed by your doctor.
6. Remove the other lens following the same procedure.
7. Make sure that you do not pinch the lens with your nails or you may cut or tear your lens.

Eye Associates Group, LLC - Low Vision Centers of Indiana

Richard Windsor, O.D., F.A.A.O.
Craig A. Ford, O.D., F.A.A.O.
Laura K. Windsor, O.D., F.A.A.O.

Hartford City 765-348-2020
Indianapolis 317-844-0919
Fort Wayne 260-432-0575
Albany 765-789-4404