How to Insert and Remove Your Contact Lenses

Inserting and removing contact lenses is easy once you get the hang of it. Just follow the steps below and be sure to ask your eye care practitioner if he/she has any helpful tips to share with you. Practice makes perfect!

How To Insert Your Contact Lenses

1. Wash, Rinse and Dry Your Hands.

- Use a pH-neutral soap containing no oil, cream or perfume. Dry your hands with a clean, lint-free towel

2. Open the packaging.

- Each lens is wrapped in a sterile blister pack. Don't use the lens if the blister is damaged in any way!
- The lens strength (your visual correction) is printed on the foil covering the blister.
- Your eye care practitioner may have prescribed a different lens power for each eye, so be careful to open and use the correct lens for each eye.
- To avoid mix-ups, always start with the same lens (left or right).
- Gently shake the blister before opening it (in case the lens is stuck to the foil).
- Peel back the cover foil and, using your index finger, gently slide the lens out of the blister.
- Never use tweezers, other pointed instruments or your nails to dig out the lens.
- Never place a damaged lens on your eye.

3. Examine the Lens.

- Place the lens on the tip of your index finger and hold it up to a light.
- Make sure it is clean and moist, and check there are no signs of nicks, tears or particles on the surface.
- Don't use a lens that appears to be damaged or dry – throw it away and take out a new lens.

4. Check the Lens Is the Correct Way Around.

- If you place an inside-out lens on your eye it may cause discomfort, or not correct your vision as it should.
- If the profile of the lens is curved and bowl-like, the lens is correctly oriented.
- If the lens edges spread outward, or the profile is plate-shaped, the lens is inside out. You will need to flip it the right way around.

5. Place the Lens on Your Eye.

- Place the lens on the tip of your right index finger (or left index finger if you are left handed and this is easier for you). Make sure your finger is dry, or the lens will stick to your finger and be difficult to place on your eye.
- Place the middle finger of the same hand close to your lower eyelashes and pulldown your lower eyelid.
- Use the fingers of your other hand to lift your upper eyelid.
- Place the lens directly onto the eye (cornea).
- Look down, release the lower eye lid first, and then the upper lid, still looking down.
- Blink gently. The lens will center automatically. Try not to rub your eyes once it is in place. If your lens feels comfortable and you can see well, repeat steps 1 to 5 for the other lens.

How To Remove Your Contact Lenses

1. Wash, Rinse and Dry Your Hands.

- Use a pH-neutral soap containing no oil, cream or perfume. Dry your hands with a clean, lint-free towel.

2. Blink Fully Several Times. Pull the Lower Eyelid Down.

- Make sure the lens is positioned over the pupil.
- Look up, keeping your head straight. Use your middle finger to pull down your lower eyelid.

3. Slide the Lens Downward.

- While looking up, place the tip of your index finger on the lower edge of the lens and slide it downward, onto the white part of your eye.

4. Remove the Lens.

- Still looking up, gently pinch the lens between thumb and index finger.
- Carefully remove it from your eye.
- If you have worn DAILIES® or FreshLook® ONE-DAY contact lenses discard them after removal. If you are wearing AIR OPTIX® brand contact lenses place them in your lens case.

Repeat steps 2 to 4 with the other lens.