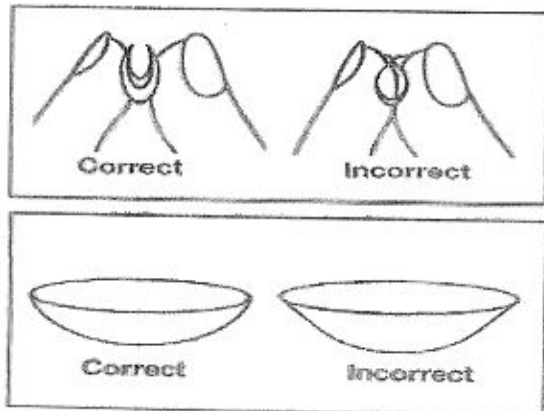


Soft Contact Lens Insertion and Removal Guide

1 INSERTION

- A. Wash and dry hands thoroughly. **Do not use hand sanitizer.**
- B. Remove lens from case.
- C. Using your writing hand, place lens on dry index finger. (It is sometimes helpful to use the right index finger for the right eye and the left index finger for the left eye.) The lens should sit up on your finger like a bowl.
- D. Verify that the lens is sitting correctly. If the edges curve inward and the lens has a rounded bowl shape it is correct. If the lens does not sit rounded but more like a cone shape and the edges are flared outward-it is inside out.



- E. Place your middle finger of the same hand on the lower eyelashes and pull down the lower lid.
- F. Use the opposite hand to lift the upper lashes.
- G. Looking into the mirror bring the contact to your eye and gently place it on the white portion just below your iris. Try not to blink as this can force the lens out of your eye.
- H. Slowly release your finger to make sure the lens has suctioned onto the eye.
- I. Repeat steps for opposite eye.

2 REMOVAL

- A. Wash and dry hands thoroughly. **Do not use hand sanitizer.**
- B. Look upward.
- C. Using your writing hand, hold down lower lid. (It is sometimes helpful to use the right hand for the right eye and the left hand for the left eye.)
- E. With index finger of the same hand, slide the lens to the lower part of the eye. You can pull it to either corner of the eye if needed.
- F. Pinch the lens with thumb and forefinger and remove from the eye.

3 CONTACT LENS CARE

- A. Always wash your hands before handling contact lenses.
- B. Avoid generic contact lens solutions. Many generic types of solution are known to cause eye irritation and even damage contact lenses.
- C. Clean and disinfect your lenses properly with each use.
- D. Always use fresh solution for storing contact lenses. Do not top off solution.
- E. Replace your contact lens case every few months.
- F. Avoid swimming, sleeping, or shower in your contact lenses unless approved by the doctor.
- G. Apply make up after lenses are in and remove lenses before removing make up.

4 WEARING SCHEDULE

Your eyes may be agitated by the lenses for the first few days of wear. Some redness and watering may occur during this time.

To adjust your eyes to the lenses, only wear the contacts for 3-4 hours on the first day. You may add 1-2 hours to that every day until you are able to wear them for at least 8 hours.

Contact lenses are a prescribed device to help improve your vision. They are made to last for a specific time limit. Some are daily, monthly, or two week lenses. Do not exceed the wearing schedule prescribed with the lenses you have been given.