

## How to Insert Soft Contact Lenses

1. **First wash and dry your hands** before handling contact lenses.
1. Always insert and remove your contacts **over the sink** – that way, if you accidentally drop a lens, you'll be able to find it easier. Just make sure to plug the sink!
2. Starting with the right lens first (do it this way every time to avoid mix-ups) scoop out the right lens from the case and place into your palm.
3. Place the right lens on the **tip of your index finger** of your dominant hand.
4. Using the middle finger of your other hand, pull and **hold your upper eyelid open**, so you cannot blink.
5. **Pull down your lower eyelid**, using the middle finger of your inserting hand.
6. Look up and **place the lens gently** on the lower white part of your eye. Or, look straight at the lens, and place it directly on the center of your eye.
7. **Look down** to position the lens correctly.
8. Release your eyelid, and **close your eye** for a moment.

Repeat these instructions to insert your left contact lens.

## How to Remove Soft Contact Lenses

1. Always **wash and dry your hands** before handling contact lenses.
2. Always insert and remove your contacts **over the sink** – that way, if you accidentally drop a lens, you'll be able to find it easier. Just make sure to plug the sink!
3. Start with your right eye again, for consistency's sake. Have your **lens case open and ready**, with fresh contact lens solution waiting.
4. **Make sure the lens is centered** on your eye. If your eye feels particularly dry, insert a few rewetting drops to lubricate your lens before removal.
5. As you look up, **pull your lower eyelid down** with the middle finger of your inserting hand.
6. Use your index finger to **slide the lens down** to the lower white part of your eye.
7. **Gently squeeze the lens** between your thumb and index finger, and remove it from your eye.
8. **Rinse the lens** with contact solution, and put it into your lens case.

Repeat for your left eye, and you're done!

*Always follow your contact lens solution instructions. Cleaning and storing your lenses is also very important in preparing them for your next use.*