

Insertion and Removal Tips

General Tips:

- Hands should be washed and thoroughly rinsed before handling lenses
- A soap which is free of oils, lotions or perfumes is recommended
- Hands should be dried with a lint-free towel
- Use finger tips to handle lens (avoid finger nails and sharp objects)
- Check lens is clean, wet and damage-free

How To Insert Your Lenses



1. Place the wet, clean "right" lens on the tip of the index or middle finger of your dominant hand (if you're right-handed this would be your right hand), and pull down the lower lid with the middle or ring finger of the same hand. Use your other hand to hold the upper lid firmly open.



2. Look directly at the lens or look directly into a mirror and place the lens directly on the cornea (the large colored circle in the center of your eye).



3. Slowly release your hold on the lid. If there are any air bubbles beneath the lens, close your eye, and with the eye closed, roll the eye gently. Another way of getting rid of air bubbles is to massage the lids very lightly. Under no condition, however, should you rub your eyes.

Removing the lens:



Look up. With middle finger, hold down lower lid. Use forefinger to slide lens to lower part of eye. Pinch lens with thumb and forefinger and remove without excessively folding the lens.
