

Premier Eye Care And Surgical Center

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Instructions for inserting and removing your contact lens: Step By Step

Inserting the Contact Lens:

STEP 1:

Thoroughly wash and dry your hands with soap and a clean towel.

STEP 2:

Rinse your lens with contact lens solution to remove any trace of debris.

Tip: To avoid mixing up your lenses, always apply and remove the lens for your RIGHT eye first.

STEP 3:

Place the lens on the tip of your index finger. Be sure the lens is correctly oriented by checking the inside-out marker.

STEP 4:

Use your other hand to hold your upper eyelid so you won't blink.

STEP 5:

Pull down your lower eyelid with the other fingers of your applying hand.

STEP 6:

Look up at the ceiling and gently place the lens on the lower part of your eye.

STEP 7:

Slowly release your eyelid and close your eye for a moment.

STEP 8:

Blink several times to center the lens. You're all set to see the world!

STEP 9:

If your lens feels uncomfortable, remove it and inspect for damage or debris. If it is damaged, discard it. Otherwise, rinse with more solution and reapply.

Removing the lens:

STEP 1:

Thoroughly wash and dry your hands with soap and a clean towel.

STEP 2:

Look up at the ceiling and pull down your lower eye lid.

Tip: To avoid mixing up your lenses, always apply (and remove) them in the same order.

STEP 3:

Bring your index finger close to your eye until you touch the lower edge of the lens.

STEP 4:

Slide the lens down to the lower white part of your eye.

STEP 5:

Gently squeeze the lens between your thumb and index finger and remove it.

STEP 6:

Remove the other lens following the same procedure.



Lens Insertion



Lens Removal

