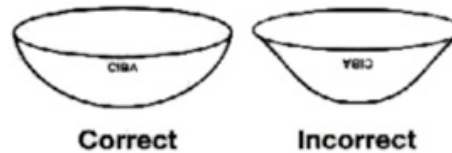


## Contact Lens Insertion and Removal

### Basic precautions

- Ensure your fingernails are short, clean and smooth.
- Work over a flat surface. If working over a sink, put the plug in.
- Wash hands and dry with a lint free towel. Alcohol based hand sanitizers are not recommended. Use of fragrance-free towels is recommended (i.e. no aloe vera or eucalyptus tissues).

### Insertion



- Take the lens from its opened container.
- Make sure it is positioned the right way around.
- Check the lens for defects, tears, lint or debris. Rinse. Discard lens if defective.
- Ensure the index finger of the dominant hand is dry (recommendation only, other fingers may also be just as suitable if not better).
- Place the lens on the tip of the index finger of the dominant hand.
- Always insert or remove the same lens first, usually the right lens, to avoid confusion between left and right.
- Use the middle finger of your right hand, the same hand with the lens, to hold the centre of your lower lid down, with your other hand, firmly hold the upper lid close to the base of your eyelashes.
- Look directly at the contact lens and gently place the lens directly on your cornea or looking up place the lens on the lower part of the white of your eye.
- Look towards the lens to position the lens correctly.
- Slowly release your lower lid first and then your upper lid. Blink gently a few times to allow the lens to settle on the eye.
- Follow the same instructions for your left eye.

## Removal



- Ensure your fingernails are short, clean and smooth.
- Wash and dry your hands before removing your lenses.
- Check the lens is centred on the cornea before removing. If removing the right lens first, close your left eye. If you can see clearly it means the lens is in place and can be removed safely.
- Tilt your chin towards your chest or look upward.
- Pull down your lower lid.
- Drag the contact lens off your cornea and on to the lower part of the white of your eye.
- Gently pinch the lens between your thumb and forefinger. Avoid using your fingernails.
- Repeat for the other lens.