



CONTACT LENS INSERTION AND REMOVAL

Firstly clean and dry your hands.

Removal

1. Begin by looking up.
2. Place your right middle finger on your right lower lid and **slightly** pull lower lid down.
3. Use your index finger to slide the contact down to a position of 6 o'clock below the coloured part of your eye.
4. Make sure you keep looking up and do not let go of the contact lens.
5. Keeping your index finger on the lens, bring your thumb in towards his eye.
6. Use both your index and thumb to pinch the lens out of your eye.
7. Clean and rinse the lens and store in fresh solution overnight.

Insertion

1. Remove lens from its case and rinse with solution
2. Place the lens on tip of your index finger- make sure it is not inside out (Remember an inside out lens looks like a saucer)
3. Either look up, or if you are using a mirror make sure you drop your chin down, so that you have to look in an upwards direction at the mirror.
4. Place your middle finger on your lower lid and pull down slightly – not too far
5. Make sure you are still looking in the same direction.
6. Place the lens on the lower part of your eye – at around 6 o'clock and remove your finger.
7. Let your bottom eyelid go gently and look down into the contact lens. Gently massage the lens onto your cornea (clear window over coloured part of eye).
8. You can now blink

If the lens is uncomfortable, or your eye is red or your vision remains blurred, remove the lens and rinse it. Re-insert the lens. If this does not improve the comfort or vision, then remove the lens and phone our practice.

Should you have any concerns after hours, you can contact Patrick on

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