



CONTACT LENS INSERTION AND REMOVAL FOR PARENTS

Firstly clean and dry your hands.

Removal

1. Begin by having your child looking down .
2. Use the index finger or thumb of your left hand to hold the upper lid against the upper brow. Do this firmly but don't use excessive force as your child will fight you and squeeze his or her eyes closed!
3. Place your right middle finger on lower lid and **slightly** pull lower lid down.
4. Have your child look in the opposite direction to the eye you are removing the lens from – i.e. look left for right eye, and right for left eye.
5. Use your index finger to pull the lens to away from the nose towards the ear.
6. Make sure your child continues looking in the same direction.
7. Keep your index finger on the lens and bring your thumb in towards the eye.
8. Use both your index and thumb to pinch the lens out of the eye.
9. 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. Begin having your child look down. Use the index finger, or thumb, of your left hand to hold the upper lid against the upper brow.
4. Have your child look in the opposite direction to the eye you are inserting the lens to – i.e. look left for right eye, and right for left eye.
5. Place your middle finger on your lower lid and pull down slightly – not too far
6. Make sure your child is still looking in the same direction.
7. Place the lens on the outer part of the eye – make sure you are putting the lens in the eye
8. Once the lens is on your eye, have your child **look in the direction of the lens**
9. Let the top eyelid go gently and if need be gently massage the lens with the eyelids closed.
10. Your child can now blink.

If the lens is uncomfortable, or the eye is red or your child complains that vision is 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

0408 069 075