

## User Instructions: Contact Lenses

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### **Introduction:**

Eyeglasses can often be cumbersome, uncomfortable or unfit for your lifestyle. Contact lenses are used as an alternative to eyeglasses. Contacts are thin pieces of plastic that are placed directly on the eye, as opposed to a set of frames set on your face, to correct vision impairments. Using contacts instead of glasses offer better peripheral vision and less physical obstruction. While there are various types of lenses, we will be discussing soft contact lenses. While placing objects near and into your eyes can be a daunting task at first, by the end of this guide wonder why you weren't using contacts earlier.

### **Equipment:**

- 1) Contact Lenses
- 2) Contact Lens Case
- 3) Contact Lens Solution
- 4) Sink
- 5) Hand Soap
- 6) Towel

### **Warnings and notes:**

Before putting on your contacts, here are some things you may want to know.

- 1) Only use lenses that are prescribed to you. Using contact lenses that are not meant for you can damage your eyesight.

- 2) Never use other liquids (saliva, water, homemade solution) to clean your contacts. This can cause infection as contact lenses directly touch your eyes.
- 3) Wearing contacts longer than 12 hours can cause irritation.
- 4) Eye drops can help soothe dry eyes when wearing contacts. Do not mix your contact solution with your eye drops.
- 5) Do not wear your contacts when you are going to sleep. Contacts will impair oxygen flow to your corneas and possibly damage your eyes.
- 6) Do not go swimming with your contacts in. Contact with outside fluids can cause infection.

**Putting your contacts in:**

- 1) Wash your hands thoroughly with soap and dry them with a clean towel to ensure no germs, dust, or makeup will transfer from your hands to your contacts. These materials can cause eye irritation and infection.
- 2) Take the contact lens out of your contact lens case and wash them with contact solution to remove any debris accumulated from previous use. (This step can be skipped if you are opening new lenses)
  - a. *Note: Different lenses may be designated for each of your eyes. Make sure to know you are inserting the correct lens!*
- 3) Place the contact lens on your index finger of your dominant hand. Hold your finger up to your eyes and see how the lens is oriented. If it is shaped like a bowl with its edges facing up, your contact is oriented correctly! If your contact lens has its edges with an outward bend your lens is inverted.

- 4) With your other hand place your thumb on your bottom eyelid and your index on your top eyelid and hold your eyelid open.
- 5) Look away from the lens and place it directly on your eye. It may take a couple tries when you are first putting your contact lens in, do not be discouraged! Sometimes your eyelashes may interfere with the contact lens.
  - a. If your lens is deformed, correct its orientation and try again.
  - b. If you drop your lens, wash it thoroughly with contact solution.
- 6) Blink a few times and your lens should rest nicely on your eye. If you feel any discomfort, there may be debris on the lens, it may be oriented incorrectly, or possibly damaged. (If the lens is damaged, throw it out and use open a new lens)
- 7) Repeat this process to insert the other lens.

**Taking your contacts out:**

- 1) Similar to inserting your contacts you will want to wash your hands with soap and dry with a clean towel. Anytime you are touching your eyes make sure that your hands are clean.
- 2) Using your non-dominant hand, pull on your bottom eyelid with your index finger.
- 3) Look up and use your other hand to slide the lens from the center of your eye to the white of your eye.
- 4) Using your thumb and index finger, gently pinch the lens and remove it.
- 5) Wash the lens generously with contact solution for roughly about 20 seconds and place it in your contact case for storage. Do not use these contacts again for at least 6 hours.
  - a. *Note: DO NOT reuse 1-day disposable contact lenses.*

6) Repeat this process to remove the other lens.

**Conclusion:**

This guide should have illustrated how to insert, remove, and maintain your contact lenses. Remember whenever you are touching your eyes in any way, you should be in the most sanitary environment possible to avoid any possible contamination/infection to your eyes. These instructions are meant for general use and might not be suitable for everyone. If your eye doctor instructs you to use your contact lenses for only a certain period of time, they have your best interest in mind. As you begin using contact lenses more often, the process will become easier and it will become part of your daily routine.