

Cleaning and Using Contact Lenses

I. Introduction.

Contact lenses are medical devices that are mainly used to correct vision. Alternate uses of contact lens include changing the visual appearance of the wearer's eye. Additionally, when removing the need for glasses, users can then wear other peripheral assistance devices such as goggles and 3D-viewing glasses. They appear as thin films that are inserted over the surface of the eye. As screen technology increases in usage, so does the need for visual aid technology. This guide will help a new user to learn how to use contact lenses properly.

II. Things You Will Need:

- Contact lenses (at least 2)
- Contact solution

Optional and/or suggested:

- A contacts case
- A mirror

The contacts case is suggested for those who have reusable lens. In this case, it is best to store them in a contacts case. A mirror is also suggested for ease, as will be explained in a later step.

III. Preparing to Use the Lenses:

By this point, you should already own at least one pair of contact lenses. Be sure that these have been obtained through a licensed optometrist, with a prescription provided. At this point, begin by washing your hands thoroughly with soap, and rinse well. When drying your hands, it is suggested to use clean surfaces only- towels commonly have

upwards of millions of bacteria, and tissues and paper towels can leave lint on your hands. Towels may be safely used if freshly cleaned under a high temperature wash. If you have a mirror available, it is also suggested to clean the surface so that it is clear and has good visibility.

IV. Inserting the Lenses:

Open the packaging or wrapping on one contact lens shell. Carefully and gently slide one contact lens over the pad of your finger- either index or middle fingers are commonly used, and it is up to personal preference at this point. Check the folding of the contact lens closely. The concave side of the lens should be facing upwards. If this is not the case, carefully flip the facing of the lens over. Now, hold open one eyelid with the hand not holding the contact lens. (If the contact lens is on your left hand finger, then use your right hand.) Place the lens directly over your cornea; this is the center of your eye. This may take multiple tries, and if the lens becomes dirty, it is recommended to wash it with contact solution before making further attempts.

Repeat this process with the other lens.

V. Things to Watch Out For:

As stated previously, cleanliness is very important during this procedure, as your fingers (common hosts for bacteria) will be coming into near-direct contact with your eyes. The surface of both lens should also be carefully cleaned before insertion, as they may remain in your eyes for the length of a day, or more.

If your eyes have different prescriptions, be sure that you are putting the lens with the proper corrective value on the corresponding eye.