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# INSERTING CONTACT LENSES

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## Introduction

Handling and inserting contact lenses always requires user care. If you are new to contacts, or need a helpful reminder, these instructions will get you going on a hygienic start to inserting them. As long as you have an eye doctor approved pair of left and right eye contact prescriptions, you are ready to read on.

### What You Need

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|--------------------------|--|
| 1. Contact lenses        | (One for your left eye and one for your right)                     |
| 2. Contact lens solution |  |
| 3. Contact lens case     | <i>(Prefer a case labeled with left and right contact holders)</i> |
| 4. Soap                  | <i>(Avoid oil or lotion-based soaps)</i>                           |
| 5. Clean water source    |  |
| 6. Towel or Napkin       |  |

**Caution:** If your contacts are not already in a sanitized case with solution or if your contacts are expired do not attempt to move forward until you have a new pair of contacts.

### Setting Up

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1. **Find a Preparation Area.** This area must be near a clean water source and soap. For example, a bathroom or a kitchen. You should be careful not to pick an unsanitary location or a moving area such as an automobile.
2. **Gather What You Need.** Take your contact solution, contact case, and contact lenses into your preparation area. You should have everything within arm's reach.

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## Preparing for Lens Handling

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To prepare for handling your contact lenses, follow these steps:

1. **Open Your Contact Case.** If you have a new pair of contacts, still in their packaging, simply peel back the covering film. Do not touch either of the contacts yet.

**Warning:** You must wash your hands thoroughly. Your fingers and/or fingernails may contain bacteria that can lead to eye infections.

**Caution:** Do not use alcohol based hand sanitizer to wash your hands. This may burn your eyes.

2. **Wash Your Hands Clean.** Using your mild soap and clean water source, scrub your hands. It is a good rule of thumb to scrub and wash for at least 10 seconds.
3. **Dry Your Hands.** Use your towel or napkin to dry off your wet hands.

## Inserting the Contact Lenses

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Follow these steps for both left and right contact lens insertions:

**Note:** Make sure you match the contact with the correct eye. You will have to remove it and insert to the other eye if so.

1. **Pick Up the Contact.** Use your pointer finger to scoop out the contact from its container. Center it on your pointer fingertip (you can use both hands to accomplish this). If the contact lens folds outward at the tips, it is inside out. Simply push it inwards to put it into the correct position and recent on fingertip.
2. **Insert the Contact.** Look forward. Hold open the eyelid your inserting to with your free hand by using your pointer finger and thumb to spread the lid to the brow. With the contact on your other hand's pointer finger, place it onto your eye gently.
3. **Release Pointer Finger.** Look up and down so that the contact may center itself.

If your contact falls out at any step of the insertion process, you must pick it up and repeat steps 2 and 3 of Preparing for Lens Handling.

