

## **Placing the Lens on the Eye** **(Right Lens, then Left Lens)**

1. Wash, rinse, and dry your hands thoroughly.
2. Pull the lower lid of the eye downward with the middle finger of the right hand.
3. Place the lens on the tip of the right index finger (left index finger if you are left-handed). Make sure the index finger is dry (otherwise surface tension from the moisture present will prevent the lens from being transferred from the finger to the eye).
4. Pull the upper lid of your eye upwards with the middle finger of the left hand.
5. After concentrating momentarily on the lens to assure its position directly in front of your eye on the index finger, look straight ahead and gently place the lens directly on the cornea.
6. Look down and slowly remove your right hand, releasing your lower lid.
7. Look straight ahead and slowly remove your left hand, releasing the upper lid.
8. If there is an initial foreign body sensation, look toward your nose and slide your lens off the cornea away from your nose. Then look away from your nose toward the lens until the lens repositions itself on the cornea. If the foreign body sensation persists, remove the lens. Check to be sure the lens is not inside out. Rinse the contact lens with contact solution and insert the lens again. If the foreign body sensation still persists, remove the lens and contact your eye care practitioner.
9. Check to be sure that the lens is centered properly by covering the left eye with your hand. If your vision is crisp and clear, the lens is in its proper place.
10. Apply the LEFT lens by following the same procedure.

There are other methods of lens placement. If the above method is difficult for you, your eye care practitioner will provide you with an alternate method.

## **Removing the Lens** **(Right Lens, then Left Lens)**

1. Wash, rinse, and dry your hands thoroughly.
2. Make sure that the lens is centered on the eye.
3. With your head straight, look upward as far as you can.
4. Place your middle finger on the lower eyelid of your RIGHT eye and pull the eyelid down, then touch the lower edge of the lens with the tip of your index finger.
5. While still looking up, slide the lens down to the white part of the eye with your index finger.
6. Still looking up and holding the lens under the index fingertip, move your thumb so that you compress the lens lightly between your thumb and the index finger. Then gently remove the lens from the eye.
7. Remove the LEFT lens by following the same procedure.
8. Follow the required lens care procedures as described by the office staff.

If this method of removing your lenses is difficult for you, your eye care practitioner will provide you with an alternate method.

## Lens Handling Hints

### Lens Insertion:

- When about to place the lens on the eye, make sure the lens sits up on the placement finger. The finger should be dry so surface tension does not cause the lens to adhere to the finger.
- Check to see that the lens is right side out. A lens that is placed on the eye inside out may not feel comfortable or provide good vision.

One way to do this is to place the lens between your thumb and index finger and squeeze the edges together gently.

- If the edges come together, the lens is right side out.
- If the edges turn outward, the lens is wrong side out. Carefully reverse it with your fingers.

Another way is to place the lens on the tip of your index finger and check its shape.

- If the edge appears bowl-shaped, it is right side out.
- If the edge has a lip or flares outward, it is wrong side out and must be reversed.



**To open Dailies... Snap, Shake, Peel, Pitch.**