

**OPTOMETRISTS
CONTACT LENS PRACTITIONERS
BEHAVIOURAL OPTOMETRY
CHILDREN'S VISION**



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INSERTING YOUR SOFT CONTACT LENSES

Preparation:

1. Wash and rinse hands thoroughly.
2. Dry hands with a lint-free towel.
3. Sit at a table or bench surface with a lint-free towel laid out over the bench surface. A mirror is optional.

Insertion:

1. To avoid the possibility of a lens mix-up, always start with the same lens.
2. Before inserting the lens, rinse well with fresh saline or multipurpose solution (do **not** rinse with tap water prior to inserting).
3. Place the lens on the tip of the index finger of your dominant hand but make sure that both your finger and the lens are not too wet, and check that all the edges of the lens are sitting up from your finger.
4. While positioned on your index finger, also check to ensure the lens is not turned inside out. To do this, look at the profile of the lens against a light background. If the edge profile appears convex and bowl-shaped, then it is correct. If the lens is inverted, it will flare out at the edge. If the lens is inverted, simply reverse it by using light fingertip pressure. Be sure to avoid damaging the lens with your fingernails.
5. Look straight ahead and raise the upper lid (from the base of the lashes) with the index finger of your other hand.
6. Pull the lower lid down (again, from the base of the lashes) with the middle finger of the hand that has the lens on the index finger.
7. Look directly at the lens and bring the lens towards the eye being careful to avoid the lids.
8. You can place the lens directly onto the eye whilst you look at the lens or just as the lens is about to touch the eye look upwards slightly. While looking up, place the lens on the lower white part of the eye.
9. Nudge the contact lens with the lower eyelid to release any air bubbles under the lens then slowly release the upper lid, and gently close your eye.
10. The lens should centre automatically, or it can be moved on centre by gentle fingertip pressure through the lid.
11. Repeat the above procedure for the second lens, using the other hand if this seems more comfortable.

IF YOU DROP THE LENS DURING INSERTION make sure you rinse it thoroughly before retrying.

Note: If, after placement of the lens, your vision is blurred, check for the following:

- The lens is not centered on the eye.
- If the lens is centered, remove the lens and check for the following -
 - a) Cosmetics or oils on the lens. Clean, rinse, disinfect and place on the eye again.
 - b) The lens is on the wrong eye.
 - c) The lens is inside out.

If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult your Optometrist.

REMOVING YOUR SOFT CONTACT LENSES

Preparation:

1. Wash and rinse hands thoroughly.
2. Dry hands with a lint-free towel.
3. Sit at a table or bench surface with a lint-free towel laid out over the bench surface. A mirror is optional.
4. Check that the lens is centred on the cornea before attempting to remove the lens. Check your vision by covering the other eye. If vision is blurry, the lens may be off-centre. Re-centre the lens before attempting to remove it.

Removal:

1. To avoid the possibility of a lens mix-up, always begin with the same eye.
2. Look up and keep both eyes open.
3. Using the middle finger of your dominant hand, gently pull down the lower lid. Using the tip of your index finger of the same hand, touch the bottom edge of the lens and slide it down onto the white of the eye.
4. Before releasing the lens, gently “pinch” the lens between the pads of the index finger and the thumb and remove the lens from your eye.
5. After removal, clean each lens with your daily cleaner or multipurpose solution by applying a few drops on top of the lens in the palm of your hand and rubbing in a gentle but firm motion around the lens. Rinse well with saline or multipurpose solution and place in the lens storage case filled with fresh disinfecting storage solution.
6. Repeat the procedure with the second eye.

Note: If the lens cannot be easily moved onto the white of the eye, apply a few drops of a lubricating solution to the eye, blink a few times, and when the lens moves freely on the eye, remove in the manner described above. If the lens still cannot be easily moved contact your Optometrist for further instructions.

Important:

- Avoid touching your lenses (and your eyes!) with your fingernails. You will need to keep at least one thumb and index finger nail quite short.
- Be patient! Allow plenty of time when first handling your contact lenses. With practise, it will become easy!