

## *Jorgensen, Schulz, and Associates*

### *Contact Lens Insertion and Removal*

**Step 1:** Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching your lenses. (Avoid the use of soaps containing cold cream, lotion, or oily cosmetics)

**Step 2:** Carefully open the lens container for the right eye and remove the lens. It is a good idea to get in the habit of always working with the same lens first, the right or left, in order to avoid mix-ups.

***Handle your lenses with your fingertips, and try to avoid contact with fingernails***

Remove lens from blister pack and examine it to be sure that it is clean, and free of any nicks or tears. If the lens appears to be damaged, do not use it.

Verify that the lens is not inside out; gently fold the lens at the apex (not the edges) between the thumb and forefinger. The edges should look like a taco shell with the edges pointed inward. If the edges appear to roll out the lens is inverted and must be reversed.

#### ***INSERTION***

- Step 3:**
- Place the lens on the tip of your index finger
  - Using the middle finger of your other hand, pull and hold your upper lid with the lashes, in the center, so that you cannot blink.
  - Pull down your lower eyelid, using the middle finger of your inserting hand. Again, you want the grip to be in the center of both upper and lower lids to accomplish largest opening.
  - Gently place the lens on the eye, release one lid and then the other, blink, and lens will center automatically.
  - Check the vision to make sure that the contact lens is in the correct position. If vision is blurred, the lens may be off center, on the wrong eye, or dirty. If this happens instill one to three drop of rewetting drops into the eye. (Never use tap water) If there is no improvement remove the lens and place several drops of rewetting solution onto both surfaces of the contact and reinsert.
  - Repeat the above process for the left eye.

- Step 4** - Prior to removal, fill the lens container with the recommended solution

#### ***REMOVAL***

- Step 5:**
- Always remove the same lens first
  - Wash, rinse and dry your hands thoroughly as discussed in Step 1.

*(Always be sure the lens is on the cornea before attempting to remove it. To determine this cover the other eye, if vision is blurred, the lens is either on the white part of the eye or it is not on the eye at all. To locate the lens, inspect the upper area of the eye by looking down into a mirror while pulling the upper lid up. Then, inspect the lower area by pulling the lower lid down.)*

- Look up; slide the lens to the lower part of the eye using the forefinger.
- Gently pinch the lens between the thumb and forefinger.
- Remove the lens, rub lens in the palm of your hand with the multi-purpose solution for approximately 2 minutes.
- Place lens in case.
- Repeat procedure for the other eye

***Basic Instructions:***

- Always follow the recommended cleaning and disinfecting regimen, instructions, and warnings for lens care from your eye care practitioner. ***Failure to do so can lead to serious eye infections.***
- Always use fresh unexpired lens care solution
- If you are wearing a disposable lens, please be sure to discard them at the recommended wearing time.
- If you feel your eyes are sensitive to a solution, please call and we will recommend another brand for you.
- Contact lens cases can be a source of bacteria growth. Be sure to empty, clean, and rinse your case out daily and let it air dry. You should replace the case every month.
- Do not wear your lens longer in a 24 hour period than what you were instructed.
- Please remember the warning signs which the technician explained to you; uncomfortable lenses, any redness, burning, itching, stinging, redness, watery eyes, discharge from the eyes, sensitivity to light, cloudy or blurred vision. If you experience any unexplained warning symptom, remove your lenses and schedule a contact lens check, before wearing lenses again.
- A good contact lens fit requires constant evaluation by your optometrist. A full exam and contact lens evaluation should be every year. Failure to do so could result in serious eye problems.