CONTACT LENS INSERTION AND REMOVAL TECHNIQUE

The right side out
If the edges of your lens turn out, it is inside out. To correct this, apply a few drops of OPTI-FREE® EXPRESS® MPDS on your lens and reverse it.

Correct Incorrect

Inserting your lens
• Wash and dry your hands.
• Close nearby drain in sink.
• Pour the right lens and storage solution from the case into your palm. (It is a good idea to get in the habit of always working with the right lens first to avoid mix-ups.)
• Make sure your fingers are clean and dry. (Dry fingers facilitate the handling since soft contact lenses tend to stick to wet fingers.)
• Place the right lens on the tip of your index or middle finger of your dominant hand.
• Using the middle finger of your other hand, pull and hold your upper lid firmly open so you cannot blink.
• Pull down your lower eyelid, using the middle finger of your inserting hand.
• Look up and place the lens gently on the lower white part of your eye. Or, look directly at the lens and place the lens directly on the cornea.
• Look down to position the lens correctly.
• Slowly release your eyelid and close your eye for a moment.
• Blink several times to center the lens on your eye.
• Sometimes, small dust particles trapped behind the lens during its placement can cause discomfort. To remove dust, slide the lens off the cornea onto the white part of your eye and then back onto the cornea. If necessary, adjust the position of the lens on the cornea by applying gentle pressure to the upper eyelid.
• Insert left lens following same procedure.
• Rinse and dry your lens case after lenses are inserted.

Removing your lens
• Wash and dry your hands.
• Close nearby drain in sink.
• Make sure your lens is centered.
• Looking up, pull down your lower eyelid with the middle finger of your inserting hand. The use of a rewetting drop may be helpful in freeing the lens from the cornea for removal.
• Use the finger to pull the lens down.
• Slide the lens down to the lower white part of your eye.
• Gently squeeze the lens between your thumb and index finger and remove it from your eye.
• Follow the lens care procedures recommended by your eye care professional.
• Remove left lens following same procedure.

Always follow instructions provided by your eye care professional.

YOUR EYE CARE PROFESSIONAL: