

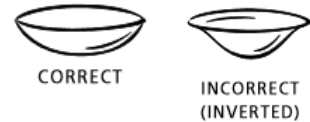
## Contact Lens Insertion and Removal

### Basic precautions

- Ensure your fingernails are short, clean and smooth.
- Work over a flat surface. If working over a sink put the plug in.
- Wash hands and dry with a lint free towel. **Alcohol based hand sanitizers are not recommended.** Use of fragrance-free towels is recommended (i.e. no aloe vera or eucalyptus tissues).

### Insertion

- Take the lens from its opened container.
- Make sure it is positioned the right way around.
- Check the lens for defects, tears, lint or debris. Rinse if required or discard if the lens is defective.
- Ensure the index finger of the dominant hand is dry (recommendation only, other fingers may be just as suitable if not better).
- Place the lens on the tip of the index finger of the dominant hand.
- Always insert or remove the same lens first, usually the right lens, to avoid confusion between left and right.
- Use the middle finger of your right hand (the same hand holding the lens) to hold the centre of your lower lid down. With your left hand, firmly hold the upper lid close to the base of your eyelashes.
- Look directly at the contact lens and gently place it directly onto your cornea; or by looking up, place the lens onto the lower part of the white of your eye.
- Look towards the lens to position it correctly.
- Slowly release your lower lid first and then your upper lid. Blink gently a few times to allow the lens to settle on the eye.
- Follow the same instructions for your left eye.
- One or two drops of lens lubricant can be applied to the eyes should lenses ever feel dry/sticky, or if vision becomes intermittently blurred.



### Removal

- Ensure your fingernails are short, clean and smooth.
- Wash and dry your hands before removing your lenses.
- Check the lens is centred on the cornea before removal. If removing the right lens first, close your left eye. If you can see clearly it means the lens is in place and can be removed safely. Should your lenses feel dry or sticky, one or two drops of lens lubricant can be applied to the eyes before removal.
- Tilt your chin towards your chest or look upward.
- Pull down your lower lid.
- Drag the contact lens off your cornea and on to the lower part of the white of your eye.
- Gently pinch the lens between your thumb and forefinger.
- Avoid using your fingernails.
- Repeat for the other lens.



NB: After removing your lenses from the case provided, rinse your case well with contact lens solution and allow to air dry before refilling with fresh solution. **Never clean your contact lens case with tap water.**