

Insertion and Removal of Soft Contact Lenses

This material will help you understand how to insert and remove your soft contact lenses.

How do I put in my contact lenses?

To put in your soft contact lenses, follow these steps:

1. Wash your hands with soap and water. Do **not** use soaps that contain lotion, cream, perfume, or artificial coloring.
2. Dry your hands with a clean, lint-free towel.
3. Remove a lens from its case. Try to get into the habit of always doing the same side first. This will help you avoid mixing up your lenses.

When handling the lens, use your fingertips (like in the image on the right). Avoid touching it with your nails.



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4. Check to make sure the lens is clean and does **not** have any damage. Make sure the lens has the right side out. It should form a bowl. If the lens has a lip, it is inside out and needs to be reversed.
5. Place the lens on the fingertip of the index finger on your dominant hand (the hand you use to write).
6. Use your free hand to pull up your upper eyelid. Pull down the lower eyelid with the middle or ring finger of your dominant hand. Place the lens on the lower white part of your eye.
7. Look down and then close your eyes. This will center the lens on your eye.

8. If you feel air bubbles, close your eye and move it from side to side. You can also close the eyelid and gently massage over the lens.
9. Repeat the steps above to place the other contact in your eye.

How do I take out my contact lenses?

To take out your soft contact lenses, follow these steps:

1. Wash your hands with soap and water. Do **not** use soaps that contain lotion, cream, perfume, or artificial coloring.
2. Dry your hands with a clean, lint-free towel.
3. Look down and use your non-dominant hand to hold open your upper eyelid.
4. Look up and use the middle finger of your dominant hand to pull down your lower eyelid. Use your index finger to slide the lens to the lower part of your eye. Pinch the lens between your thumb and index finger. Gently remove the lens from your eye.
5. Repeat the process to take out the lens from your other eye.

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