



Inserting, Removing and Care of Rigid Lenses

Always wash your hands thoroughly before handling your contact lenses. Do not use cosmetics, lotions or other oily material prior to handling the lens. Use caution if you have long fingernails as you may damage the lens and/ or scratch your eye.

To insert the lens

- Wash hands
- Always insert the same lens first, i.e.: if right handed always start with the right lens.
- Place lens on tip of index finger. Use middle finger to hold lower lid at lashes and pull down.
- Lift and hold the upper lid close to lash line with opposite hand. Place lens directly on the colored part of the eye.
- Release lower lid, then gradually release upper lid.
- When the lens is on the cornea, it will feel like having a few eyelashes in the eye. At first, you will feel the contact every time you blink. Gradually, your lids will become accustomed to the contact. It may take 1 to 2 weeks for the eyes to adjust to the contact lenses.



To remove the lens

- Wash hands
- Always remove the same lens first
- Position face parallel to the floor with chin tucked in, open eye wide
- Place one finger on the outer corner of the eyelid and the opposite hand cupped under the eye.



- Pull lid toward your temple and blink firmly.
- The contact will either fall into your cupped hand or flip onto the lashes.
- If the latter happens, take your thumb and index finger and gently remove the lens from the lashes.

To clean and care for your lenses

- Routine cleaning should be done every time after removing the lenses.
- Wash hands
- Place lens in palm of hand
- Put 1-2 drops of cleaning solution on your lens
- Use your middle finger to rub the lens back and forth for about 20 seconds
- Rinse with cool water. The lens should feel "squeaky" clean. If not, repeat cleaning process.
- Place clean lens in contact lens case containing soaking solution.
- This solution should be changed every day. Rinse case out daily with hot water and air dry.

See cleaning/disinfection insert that comes with your solution for detailed procedures

Wearing Schedule:

- Rigid contact lenses should be worn on a consistent schedule.
- Lenses should be worn every day for about the same amount of hours.
- If you don't wear a lens for more than a few days, start over with your original wearing schedule.
- This break-in period is necessary to avoid contact lens abrasions and over wear.

Normal Experiences

While adjusting to your new contact lenses, you may encounter some of the issues listed below:

Continued on backside

- Lenses slightly off center
- Difficulty looking up or to the side
- Excessive blinking or tearing
- Burning, especially when reading, or watching TV and movies
- Minor irritation or discomfort, especially to the eyelid
- Awareness of lens movement
- Awareness of edge reflections or halos
- Occasional blurred vision
- Increased light sensitivity
- Sudden, sharp pain from small particles getting underneath the lens. (Remove the lens from the eye, rinse with proper solution and reinsert)
- Blurry vision with glasses after removing the contact lenses

Abnormal Symptoms

Consult your doctor or the Davis Duehr Dean Contact lens Department if you are experiencing these symptoms:

- Pain or burning feeling
- Inability to keep your eye open
- Severe irritation or redness
- Severe or persisting haze, fog or halos
- If, after lens insertion, vision is blurred or the eye feels uncomfortable, the lens may be on the wrong eye or may be dirty or damaged.

To view a video on the inserting and caring for your contact lenses, please go to :

deancare.com/contacts