



Inserting and Removing Soft 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 they may damage the lens and can also scratch your eye.



Place your contact on the tip of your finger before inserting your lens. Always insert the same lens first. i.e., if you are right handed always start

with the right lens. The lens should be inspected for rips or tears and the lens should have a cup like appearance with the edges curving upward.



If the lens has a saucer-like appearance and the edges look sharp and turned out, the lens is inside out and should be inverted.

To insert the lens

- Wash hands
- Place the lens on your index finger. Use your middle finger to pull down your lower lid.
- Elevate upper lid with the middle finger of opposite hand.
- Gazing straight ahead into a mirror, place the contact lens on the colored part of your eye.
- Slowly release the lower lid and then gently close your eye.
- If the lens does not stay on your eye during insertion, insert lens as described above and continue to hold upper lid. Look left, right, up, down and gently release your upper lid. Keeping



the eye closed, gently pat the eyelid. This will press out any wrinkles or air bubbles which may be under the lens.

- Blinking is very important for centering and moistening the lens.
- Once both lenses are inserted, rinse the case thoroughly in hot water and solution.
- Allow case to air dry.

To remove the lens

- Wash hands
- Gaze straight ahead at the mirror.
- Pull lower lid down with your middle finger.
- Place index finger on the lens toward the top of the colored part of the eye.
- With gentle pressure, slide the lens straight down toward the lower lid.
- When the lens starts to wrinkle
- Pinch it off using the thumb and index finger



To clean and care for your lenses

- Wash hands
- Place lens in the palm of hand
- Put a few drops of your soft lens cleaner on the lens.
- Rub lens on palm of hand in a back and forth motion, rubbing gently
- **Caution:** Rubbing too hard could cause tearing of the lens.
- Rinse lens well with your solution.
- Put the cleaned lens in the case filled with fresh solution.
- Contact lens disinfection methods vary with each brand of soft contact lenses. The system most suitable for you will be discussed with you by your doctor and explained further during your instruction session with the technician.

Continued on backside

Normal Experiences

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

- 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