CONTACT LENSES – CARE AND USE GUIDE

Before Inserting Contact Lenses

1. Make sure you have some multi-purpose contact lens solution. This is available in almost all local pharmacies.

2. If you are wearing makeup, apply your makeup AFTER inserting your contact lenses.

3. Remove the contact lens from the packaging and give it a quick rinse with the solution. Never use water or saliva to wash your lens, this can cause infections.

4. If the lens curls up in your hand, don't force it open, apply a few drops of solution, and it will open on its own.

How to Insert Contact Lenses

1. Place the lens on the tip of your finger. Tilt your head gently backwards and look straight ahead or upwards(using a mirror will make this easier). Use your free hand to hold your eye open to stop you from blinking. Place the lens on the lower part of your eye. When you let go the lens should move to the center of your eye on its own.

2. It is normal for the lens to feel uncomfortable in the beginning. If it continues to be very irritating after a few minutes, it could be possible that you are wearing the lens inside-out.

3. Repeat the above for the other eye.

4. Check your vision is clear, and the lenses are in correctly.

How to Remove Contact Lenses

1. Make sure all your make up is removed before removing.

2. Make sure to keep your lenses separate if using prescription lenses.

3. Look towards the ceiling and pull down your lower eye lid downwards. Using your other hand, with your thumb and index fingers, gently pinch the contact lens and remove it from your eye.

4. Place the lens in the palm of your hand and rinse it with solution while rubbing it gently. Place it immediately in the lens case with a bit of solution to keep the lens moist.

5. Repeat the same steps for your other eye.