How to Insert and Remove Contact Lenses Safely

Knowing how to insert and remove contact lenses safely is key to healthy wear.

Contact Lens Insertion:

- **Wash your hands** thoroughly with soap and water.
- **Place the lens on your fingertip**, make sure it's shaped like a bowl, not a taco.
- **Hold your upper eyelid** with one hand and pull down the lower lid with the other.
- **Look straight ahead** and gently place the lens on your eye.
- **Blink slowly** to settle it in place.

Contact Lens Removal:

- **Wash your hands.**
- **Look upward** and pull down the lower eyelid.
- **Gently pinch the lens** between your fingers.
- **Place it in a case or dispose of it**, depending on the type of contact lens.

Contact Lens Care and Cleaning Tips

Healthy vision starts with good hygiene. Whether you're using daily disposables or monthly lenses, these contact lens care tips will help you avoid irritation, dryness, and infection:

- **Always wash your hands** with soap and water before handling lenses. Dry with a clean, lint-free towel.
- **Use fresh multipurpose solution every time**, never water or saliva.
- **Clean your lenses daily** by rubbing them with solution, then rinsing them before storing.
- **Store lenses in a clean, dry case** filled with fresh solution after each use.
- **Never "top off" old solution**. Discard leftover fluid and refill completely.
- **Replace your contact lens case** every 1 to 3 months or sooner if it becomes cracked or dirty.
- **Stick to your prescribed wearing schedule**. Never wear lenses longer than recommended.
- **Do not sleep in your lenses** unless our eye doctor specifically advises you to do so.
- **Avoid swimming or showering** with contacts to reduce the risk of infection.
- **Always check for damage** before inserting your lenses.

These habits ensure your lenses stay clean and your eyes stay healthy.