



## MEADVILLE

DR. CHRISTOPHER L. ADSIT, OPTOMETRIST      DR. DUSTIN J. MITCHELL, OPTOMETRIST

### I. Insertion:

1. Wash hands thoroughly to remove any loose dirt or debris. Do not use hand sanitizer.
2. Remove contact lens from case. (Be sure you've got the correct prescription for whichever eye you're putting it in!)
3. Using your dominant hand, place the contact lens on the tip of your index finger. The lens should sit up on your finger like a bowl.
4. Verify that the lens is sitting correctly: If the edges curve inward and the lens has a rounded bowl shape, it is sitting correctly. If the lens does not sit rounded but appear to be more of a cone shape with the edges flared outward, it is inside out. If this is the case, gently push on the outer edges of contact to flip it over, then place it right side up on the tip of your finger. (Note: Sometimes it takes a little time to learn what it should look like when your contact is sitting correctly. If you do insert your contact into your eye inside out, don't worry! It won't hurt anything. Your contact may just be a bit uncomfortable and blurry; you'll have to remove it and reinsert it the right way.)
5. Place your middle finger of the same hand on your lower eyelashes and pull your lower lid down. (TIP: always make sure your lashes are pinned back before you attempt to insert your contact. They will really get in your way!)
6. Use the opposite hand to lift your upper lashes.



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7. Looking into a mirror, bring your contact to your eye and gently place it on the center of your pupil. (TIP: It can be hard to keep your still and open at first - that's normal! We recommend finding a spot in the mirror to focus your concentration on, so that you aren't just watching the contact come toward your eye.)
8. Slowly pull your finger back as the contact suctions to the front of your eye.
9. Gently blink, and look back and forth and up and down. This will help the contact settle on to the front of the eye.
10. Repeat this process for the other eye.

### II. Removal:

1. Wash and dry hand thoroughly.
2. Open your eye similarly to how you did when you inserted the contact. Using your dominant hand, pull your lower lid down with your middle finger. Use your other hand to pull your upper eyelashes up.
3. Next, touch the index finger of your dominant hand to the front of your eye (don't worry, it won't hurt! Remember, you've got the contact between your finger and eye.) Gently slide contact lens down into the lower white portion of your eye. At the same time, bring your thumb up to meet your index. Use your thumb and index finger to pinch the contact so that the suction is broken.
4. Pull fingers back to fully remove the contact lens.



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### III. Keeping Your Eyes Healthy As A Contact Lens Wearer:

1. Always wash your hands before handling your contact lenses.
2. Clean and disinfect lenses prior to each use.
3. Always wear your contacts according to their prescribed wearing schedule. Wearing your contacts for longer than prescribed can lead to infections, ulcers, and vision loss.
4. If you store your contacts overnight in a case, be sure to change the solution in your case daily. Do not simply top off the solution, as bacteria can build up in the leftover solution.
5. Avoid swimming, sleeping, or showering in contact lenses unless otherwise approved by your optometrist.
6. Apply makeup after inserting contacts.
7. If you are wearing contacts for the first time or for the first time in a long while, build up your wearing time a few hours at a time to prevent allergic reactions or irritation.

Have more questions? Give us a call at 814-333-6606 and we'll be happy to help you with any concerns you may have! And if we can't answer your question over the phone, we'll gladly set up a time for you to sit down with one of our staff members for some one-on-one teaching time.