

# CONTACT LENS INSERTION & REMOVAL GUIDE



*Advanced Medicine. Compassionate Care.*



Hannibal Regional  
Medical Group  

---

*Vision Institute*

175 Shinn Lane  
Hannibal, MO 63401  
573.406.5730

[www.HRHonline.org](http://www.HRHonline.org)

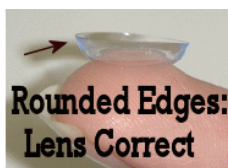


Hannibal Regional  
Medical Group

*Vision Institute*

## HOW TO INSERT YOUR CONTACT LENS

- Wash and dry your hands.
- Remove your contact lens from storage case.
- It is good to get in the habit of always working with one contact lens first to avoid mix ups.
- Rinse the contact lenses with the solution recommended by your eye care practitioner to remove debris.



- Always make sure contact lenses are not inverted before insertion.
- Place contact lens on tip of index finger.
- Use middle finger of your other hand to pull and hold upper lid to avoid blinking.
- Pull down lower eyelid using middle finger of inserting hand.
- Look up and place contact lens gently on lower white part of eye.
- Look in all directions to make sure contact lens sticks to eye.
- Slowly release eyelid and close eye for a moment.
- Blink several times to center lens.

## HOW TO REMOVE YOUR CONTACT LENS

- Wash and dry your hands.
- Looking up, pull lower lid down with middle finger of inserting hand.
- Use middle finger of other hand to pull and hold upper lid to avoid blinking.
- Bring index finger close to eye until you touch lower edge of contact lens.
- Slide contact lens down to lower white part of your eye.
- Gently squeeze contact lens between your thumb and index finger and remove it from your eye.
- Follow the contact lens care procedures recommended by your physician.

## INSERTION & REMOVAL TIPS

- Your hands should be washed and thoroughly rinsed before handling contact lenses.
- Your soap should be oil, lotion, and perfume free.
- Your hands should be dried with a lint-free towel.
- Always use your finger tips to handle contact lenses (avoid finger nails and sharp objects).
- Before inserting your contact lenses – check to make sure that they are clean, wet, and damage-free.