

# Inserting a Contact Lens

1



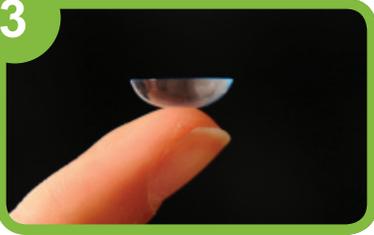
**Wash** your hands with soap and water and dry thoroughly before you handle the lenses.

2



**Scoop** the lens from the package using your finger.

3



**Place** the lens on the tip of your first finger.

The lens should be shaped like a bowl.

4



**Hold** your upper lid open using the first finger of your empty hand.

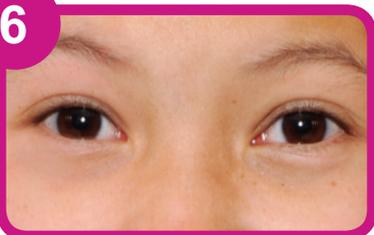
Hold your lower lid down with the middle finger of the hand holding the contact lens.

5



**Move** the lens toward you until it touches your eye. Press on the lens gently.

6



**Move** your finger away and release your lower lid. Look down. Let go of your upper eye lid. Blink gently.  
**Good Job!**

# Problem Solving

1



**Problem:** The lens sticks to my finger.

**Solution:** Make sure that your finger is dry. The lens should stand up on the tip of your finger.

2



**Problem:** The lens won't stay on my eye.

**Solution:** You may be removing your finger too quickly. Apply some pressure to the lens and move it back and forth slightly when it is in place.

3



**Problem:** I blink when the lens touches my eye.

**Solution:** Make sure you grip your eyelid near the eyelashes, not your eyebrow (as shown), when you are holding your lids open.

4



**Problem:** The lens touches my upper or lower lid.

**Solution:** Make sure that the lens is in line with your eye as you move it towards you.

5



**Problem:** The lens is not comfortable.

**Solution:** Move the lens to the white of the eye and back to the middle. If that doesn't work, remove and rinse the lens and try again. After two tries, try a new lens.