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!**

Developed by the Centre for Contact Lens Research with support from Alcon.
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.

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.

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.

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.

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.