Removing a Contact Lens

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

2. **Lower** your chin and look into a mirror. Place finger on the middle of the lens and slide the lens onto the white of your eye.

3. **Grip** the lens with your thumb and first finger to remove it.

4. The lens will fold in half when you remove it. **Follow** the lens care instructions that have been provided. Repeat with the other lens.

**Good Job!**
Problem: My eye closes.
Solution: You may need to hold your upper lid securely.

Problem: The lens doesn’t slide down when I try moving it with my finger.
Solution: Apply more pressure with your finger, as you move the lens.

Problem: I can’t grip the lens with my fingers.
Solution: Move your finger and thumb further apart. Move them closer together as you touch the lens.

Problem: I can’t remove the lens after two or three attempts.
Solution: Wait five minutes before trying again. It might be helpful to use rewetting drops.