

Contact Lens Insertion & Removal

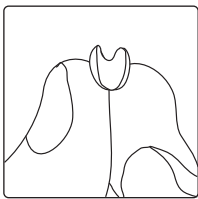
PROCEDURE

- Need lint free or non-fluffy towel (don't use tissues) and a bowl if required.

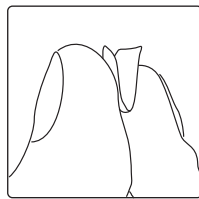
- Always insert and remove right lens before left lens so Contact Lenses don't get mixed up, and also to ensure infections aren't transferred between the eyes

INSERTION

1. Wash hands - bacteria on lenses comes from hands.
2. Dry Contact Lens on back of hand. Dry fingers.
3. Check for right way up, (fold in palm, look at edge profile, look for laser markings) and put on finger



Correct way round



Inside out

4. Hold top and bottom lids and look straight ahead.



5. Put Contact Lens in, make sure the other eye is open and looking into mirror. Let the bottom lid go first.
6. Massage lid, to remove air bubbles and move off to the side if gritty, to settle lens.
7. Once you think both lenses are in - check by covering each eye and looking out the window.

REMOVAL

1. Wash hands.
2. Wet finger and thumb.
3. Hold bottom lid, look in mirror with opposite eye.
4. Pull Contact Lens down and pinch off.

SOLUTIONS

THE MOST ECONOMICAL WAY TO PURCHASE SOLUTIONS IS BY BUYING VALUE-PAKS FROM YOUR OPTOMETRIST.



(04) 472-6662



info@focalpoint.net.nz

www.focalpoint.net.nz



Level 2 AMI Plaza,
342 Lambton Quay
next to Plimmer Steps
Lambton Quay

