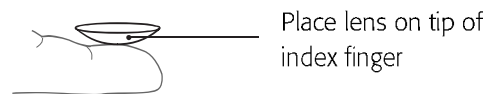
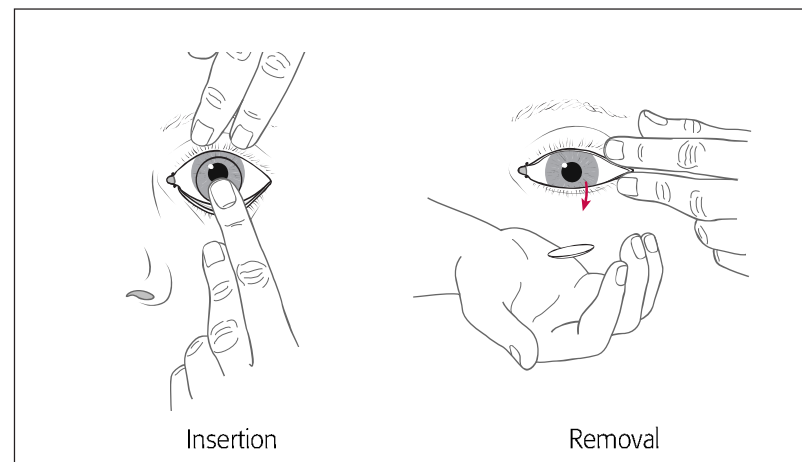


Using contact lenses

- Before inserting contact lenses, wash and dry your hands. Sit comfortably at a table, with a mirror in front of you.
- Place the lens on the tip of the index finger of your dominant hand. Use the middle finger of the same hand to pull down your lower eyelid, and the fingers of your other hand to pull up your upper eyelid.
- For rigid gas-permeable lenses, place the lens directly onto your cornea while looking straight ahead, then slowly close your eye and blink gently. For soft lenses, either insert the lens in the same way, or place it onto the lower part of your cornea and white of your eye while looking up, then slide the lens onto your cornea with your index finger and blink gently.
- To remove rigid gas-permeable lenses, pull gently on the outer edge of your eyelids with the fingers of one hand while blinking forcibly and holding the other hand cupped in front of your eye to catch the lens.
- To remove soft lenses, look upwards while pulling down your lower eyelid with the middle finger of your dominant hand. Use your index finger to slide the lens onto the lower part of your cornea and white of your eye, then gently pinch out the lens between your thumb and index finger. Use the fingers of your other hand to pull up your upper eyelid if necessary.



Rigid gas-permeable lenses



Soft lenses

