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Care and Contact Lens Center

Tips for Soft Contact Lens Insertion

Before Insertion:

Always wash and rinse hands thoroughly before handling your lenses.

Do not use soaps that contain creams, lotions, perfumes, deodorants, or other additives.

Dry your hands with a clean, lint-free cloth.

Sit comfortably at a table or counter. If standing over a sink, close the drain.

Place a paper or cloth towel on the surface you are working over.

Use of a mirror can be helpful, but is not absolutely necessary. A magnifying mirror may be helpful if your eye appears blurred in a flat mirror.

Short fingernails are easier and safer for applying, removing, and handling lenses.

Carefully remove the lens from the case or package by (a) quickly pouring it into the palm of your hand or (b) gently touching it with your finger. Don't scrape your lens against the walls of the case.

Always inspect a lens for scratches, chips, or deposits before applying. Never wear a damaged lens.

Rinse the lens well before you apply it with saline solution. Always apply the same lens first (right, for example) to avoid mixing the lenses.

Never continue wearing a lens that is uncomfortable for more than a minute. Your eye may be scratched and become infected. Try to correct this by looking up and gently sliding the lens down with your finger. Blink to recenter, to flush out debris trapped under the lens. If not better, remove it, rinse, inspect, and reinsert if the eye is comfortable.

Never apply a lens to an eye that feels uncomfortable.

If the lens sticks to your finger, your finger is too wet. Rub your thumb over your finger to dry it, instead of a towel to avoid lint.

If the lens flips over your finger, you probably don't have your eyelids pulled open far enough. Check to see if your eyelid or lashes are pushing the lens backward onto your finger instead of allowing it to be placed on your eye.