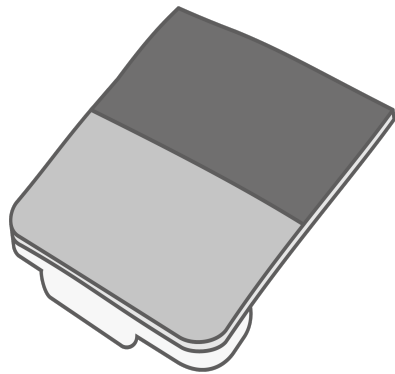


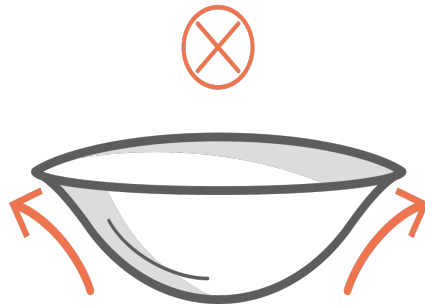
Contact Lens Checklist

2 Minutes Read

Contact lens checklist prior to application



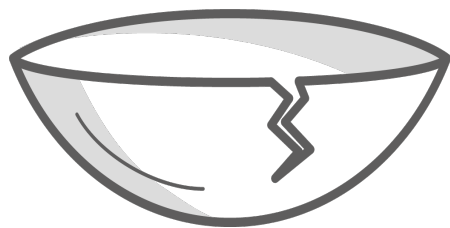
1. Check the pack expiration date and seal



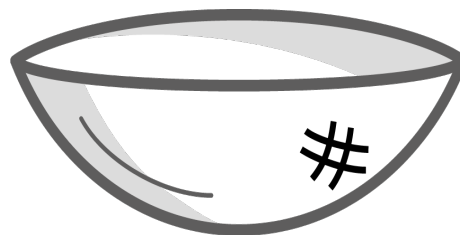
2. Check the orientation of the lens



3. Use orientation indicators if available



4. Check the lens for any damage



5. Ensure the lens is free from dirt & debris



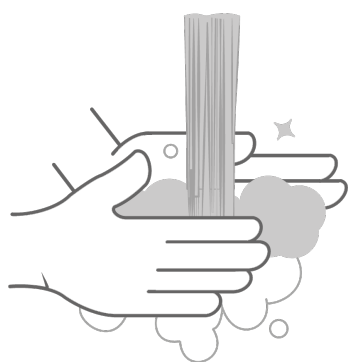
6. Make sure the lens is neither too wet, nor too dry

Application

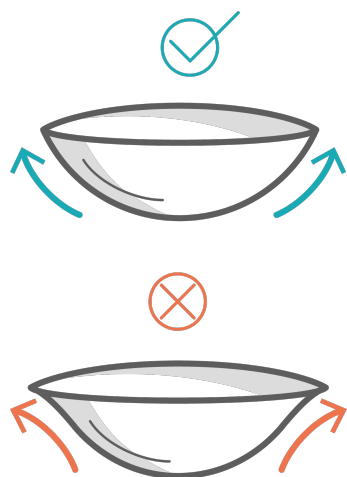
Here are the four key steps for putting on contact lenses:

Top tip:

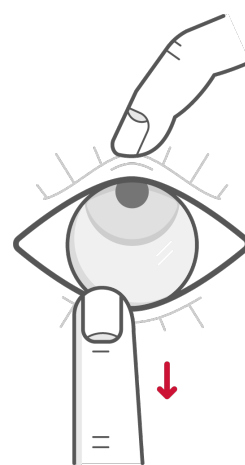
Encourage the patient to keep both eyes open and look straight ahead into mirror, although some patients prefer to look up at the last minute and place on the white of the eye.



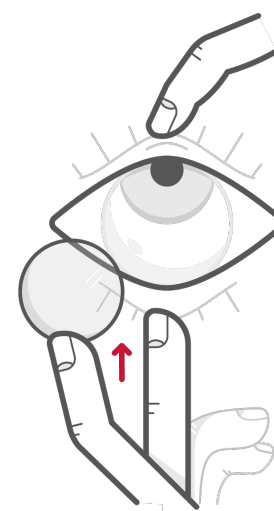
1. **Wash** hands (preferable with non-perfumed, liquid soap), rinse and dry with a lint-free towel



2. **Check** the lens orientation using 123 indicator or bowl test and position the lens on the index finger of the dominant hand



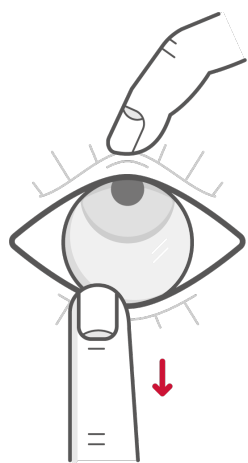
3. **Secure** upper eyelid with one finger of the other hand and carefully pull down the lower eyelid with the middle finger of the lens hand



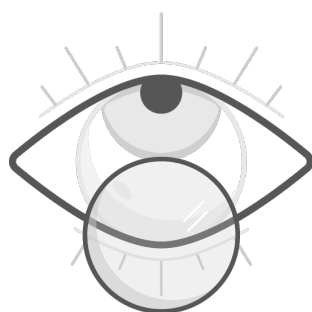
4. **Move** the contact lens toward the eye, place it and slowly release the eyelids

Removal

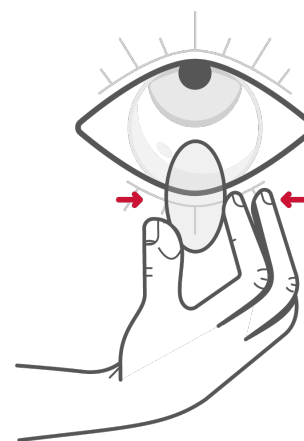
Here are the four key steps for removing contact lenses:



1. **Wash** hands, rinse and dry with a lint-free towel. Pull down the lower eyelid using the dominant hand. New wearers often find it easier to secure the upper lid too



2. **Slide** the lens down to the white part of the eye, keeping the finger on the lens throughout



3. **Squeeze** the lens gently between the thumb and index finger to remove



4. **Discard** daily disposable contact lenses or clean and disinfect reusable contact lenses