

CONTACT LENSES



INSERTION

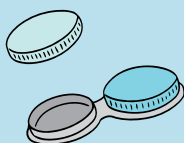


WASH YOUR HANDS

WITH SOAP AND WATER
THOROUGHLY DRY THEM

OPEN THE LENS PACK OR CASE

EMPTY OUT ANY OLD
SOLUTION WHILE YOU'RE AT IT!

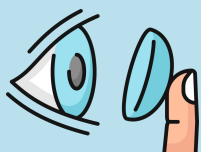
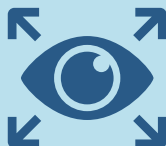


PLACE LENS ON YOUR FINGER

CHECK THAT THE LENS IS
CLEAN AND NOT RIPPED OR
INSIDE OUT

OPEN THOSE EYELIDS!

HOLDING THEM OPEN RIGHT AT
YOUR EYELASHES WILL HELP



BRING THE LENS TO YOUR EYE

AIM FOR THAT OPEN SPACE
AND DON'T BLINK!

PULL FINGER AWAY AND LOOK AROUND

STILL DON'T BLINK!



SLOWLY BLINK

YOU CAN CLOSE YOUR EYES AND
LIGHTLY TOUCH YOUR EYELIDS TO
WORK OUT AIR BUBBLES

YOU DID IT!



CONTACT LENSES



REMOVAL



WASH YOUR HANDS

WITH SOAP AND WATER
THOROUGHLY DRY THEM

SLIDE THE LENS

USUALLY DOWN WORKS BEST
HOLD YOUR EYELIDS IF IT HELPS

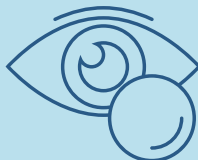


PINCH THE LENS

IF YOUR INDEX FINGER IS ON THE
LENS TRY TO HOLD IT WHILE YOU
BRING YOUR THUMB IN

....OR KEEP SLIDING

IT CAN'T GET STUCK
IT WILL USUALLY START TO
FOLD AND COME OUT



PULL THE LENS OUT

IT'S OUT OF YOUR EYE!
YOU DID IT!

CLEAN THE LENS AND PUT AWAY

IF YOUR LENS IS REUSABLE, RUB IT
WITH SOME SOLUTION AND PUT IT
IN A CASE WITH FRESH SOLUTION



...OR THROW IT AWAY

GOTTA LOVE THOSE DAILY
DISPOSABLES

THINK YOU'LL SKIP TAKING THEM OUT?

SLEEPING IN LENSES MEANS RISKING A NASTY EYE
INFECTION, I WANT THOSE EYES TO STAY HEALTHY
AND THOSE LENSES TO STAY CLEAN!