

# CONTACT LENSES



## INSERTION



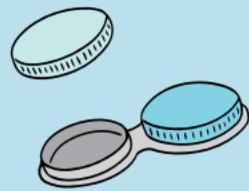
WASH YOUR HANDS

WITH SOAP AND WATER  
THOROUGHLY DRY THEM

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OPEN THE LENS PACK OR CASE

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



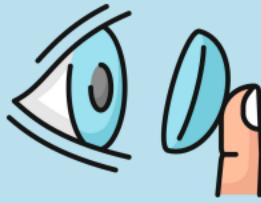
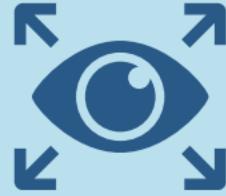
PLACE LENS ON YOUR FINGER

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

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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!

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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

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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!