

# CONTACT LENS HANDLING INSTRUCTIONS

## How to insert and remove your contact lenses

Inserting and removing your lenses gets easier with practice. Simply follow the steps below and seek advice from your eye care professional to make the process easier. Practice makes perfect!

## How to insert your ALCON® DAILIES® contact lenses

### 1. Wash, rinse and dry your hands

- Use a fragrance-free soap.
- Dry your hands with a clean, lint-free towel.

### 2. Open the packet

- Each lens is sealed in a sterile blister. Do not use the lens if the blister appears to be damaged in any way.
- The prescription information for your lenses is indicated on the label on the blister.
- Your eye care professional may have prescribed different levels of correction for each eye, so be sure to use the correct lens for each eye.
- To avoid any confusion, always start by inserting the same lens (left or right).
- Gently shake the blister before opening it (in case the lens is stuck to the blister).
- Peel back the label of the blister and gently slide the lens out using your index finger.
- Never place a damaged lens in your eye.
- Never use sharp objects or your fingernails to retrieve the lens.

### 3. Examine the lens

- Place the lens on the tip of your index finger and hold it toward the light.
- Do not use a lens that appears to be damaged or dry. Discard it and open a new lens.
- Make sure the lens is clean and wet, and check that there are no signs of dust, tears or nicks on the surface.

#### **4. Check that the lens is the correct way around**

- If you place in your eye inside out, it may cause some discomfort and your vision may not be clear.

Ensure the lens is the right side out and that you have the correct lens for each eye.

- If the lens appears flat or like a saucer with flared edges, the lens is likely inside out.
- If the lens appears curved, it is the correct way around.

#### **5. Place the ALCON® DAILIES® contact lens in your eye**

- Place the lens on the tip of your index finger. Make sure your finger is dry to avoid the lens sticking to your finger.
- Place the middle finger of the same hand against the lashes of your lower eyelid and pull downward.
- Use the fingers of your other hand to raise your upper eyelid.
- Place the lens directly in your eye.
- Look down, release your lower eyelid, then your upper eyelid, while still looking down.
- Gently blink your eyes. The lens will focus automatically. Avoid rubbing your eye once the lens is in place. If the lens is comfortable and you can see clearly, repeat the five steps for the other lens.

#### **How to remove your ALCON® DAILIES® contact lens**

##### **1. Wash, rinse and dry your hands**

- Use a fragrance-free soap.
- Dry your hands with a lint-free clean towel.

##### **2. Blink your eyes several times. Pull down your lower eyelid**

- Make sure that the lens is positioned on the pupil.
- Look up while keeping your head straight. Use your middle finger to pull your eyelid down.

##### **3. Slide the lens downward**

- While looking up, place the tip of your index finger on the lower part of the lens and slide it down to the white part of your eye.

##### **4. Remove the lens**

- While looking up, gently squeeze the lens between your thumb and index finger.
- Carefully remove lens from your eye.
- If you wear any lenses other than daily disposables, follow cleaning and storage instructions as directed.

Repeat steps 2 to 4 for the other lens