

Removing a Contact Lens

1



Wash your hands with soap and water and dry thoroughly before you remove the lenses.

2



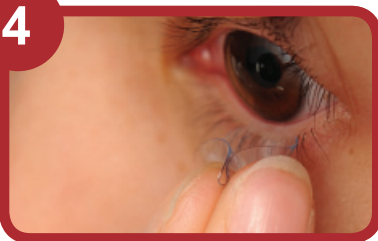
Lower your chin and look into a mirror. Place finger on the middle of the lens and slide the lens onto the white of your eye.

3



Grip the lens with your thumb and first finger to remove it.

4

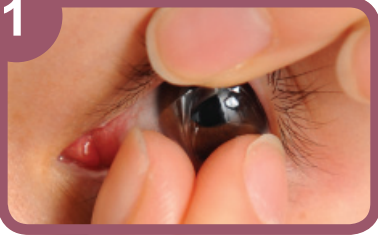


The lens will fold in half when you remove it.
Follow the lens care instructions that have been provided.
Repeat with the other lens.

Good Job!

Problem Solving

1



Problem: My eye closes.

Solution: You may need to hold your upper lid securely.

2



Problem: The lens doesn't slide down when I try moving it with my finger.

Solution: Apply more pressure with your finger, as you move the lens.

3



Problem: I can't grip the lens with my fingers.

Solution: Move your finger and thumb further apart. Move them closer together as you touch the lens.

4



Problem: I can't remove the lens after two or three attempts.

Solution: Wait five minutes before trying again. It might be helpful to use rewetting drops