

Insertion & Removal Tips

General Tips

- Hands should be washed and thoroughly rinsed before handling lenses.
- A soap that is free of oils, lotions or perfumes is recommended.
- Hands should be dried with a lint-free towel.
- Use finger tips to handle lens (avoid finger nails and sharp objects).
- Check to ensure lens is clean and damage-free.

How to Insert Your Lenses

1. Place the clean "right" lens on the tip of the index or middle finger of your dominant hand (if you're right-handed this would be your right hand), and pull down the lower lid with the middle or ring finger of the same hand. Use your other hand to hold the upper lid firmly open.
2. Look directly at the lens or look directly into a mirror and place the lens directly on the cornea (the large colored circle in the center of your eye).
3. Slowly release your hold on the lid. If there are any air bubbles beneath the lens, close your eye, and with the eye closed, roll the eye gently. Another way of getting rid of air bubbles is to massage the lids very lightly. Under no condition, however, should you rub your eyes.

Tips for Contact Lens Wearers Who Use Cosmetics

Being a contact lens wearer does not mean giving up wearing eye make-up. Below are make-up tips for sensitive eyes and contact lens wearers

- **Apply makeup after inserting contacts.** Before applying makeup, insert your contact lenses.
- **Use eye drops before apply makeup** so it does not ruin your handy work.
- **Never sleep in your makeup**, especially if you wear contacts. Fine bits of makeup can get into your eyes leaving them red, dry and irritated when you wake up.
- **Consider using disposable mascara wands to avoid eye irritation.** If you are prone to irritation around the eye area, consider investing in a bag of disposable mascara wands and use a new one each time you apply your mascara. This will help keep bacteria out of your eyes.
- **For sensitive eyes, stick to hypoallergenic formulas.** If you have really sensitive eyes and most mascaras you try lead to itchy reactions, use the all natural hypoallergenic formulas found at most health food stores. Additionally, stay away from eyeliners that contain shimmer. The mica in them can scratch delicate skin and cause irritation.
- **Use waterproof mascaras and eyeliners.** If you have problems with runny eyeliners either from using eye drops or having eyes that tear up easily, use waterproof eyeliner pencils to ensure they stay in place all day long.
- **Stay away from lining the inner rims of your eyes** with eyeliner because it can irritate them.
- **Avoid pink-toned eye shadows**, which can make your eyes look red, especially if you are experiencing any irritation.
- **When applying sunscreen, use a special SPF made for the eye area**, and then use your regular facial sunscreen elsewhere. This way, sunscreen won't run in your eyes and cause them to sting.

- **Prevent moisturizers from irritating your eyes.** Use a cotton swab to wipe the lashline on the top and the bottom after applying eye cream to ensure nothing seeps into the eye.