

- After washing hands, remove one lens from the lens storage case, rinse it with fresh conditioning/soaking solution, and inspect it for cleanliness and signs of damage (cracks or chips).
- If a wetting or conditioning solution is being used, place a few drops on the lens.
- Place the lens on the top of the index finger (see drawing A).
- Place the middle finger of the same hand on the lower lid and pull it down (see drawing B).
- With the other hand, use a finger to lift the upper lid and then place the lens on the eye (see drawing C).
- Release the lids and blink.
- Check vision immediately to see if the lens is in the proper position.
- If vision is blurred, blink three to four times. If vision is still blurred, the lens may be off center, on the wrong eye, or dirty.
- Instill one to three drops of rewetting or reconditioning drops into the eye.
- If vision is not improved, remove the lens, place several drops of wetting/conditioning solution onto both surfaces, and reinsert.
- Repeat all steps with the other lens.



A



B



C