

# 5 TIPS for Contact Lens Wearers

Whether you've been wearing contact lenses for years, or just started, these tips can help keep your eyes healthy and happy. Visit [www.allaboutvision.com/contacts](http://www.allaboutvision.com/contacts) for more information.

## 1 I'm having trouble putting my contacts on.

If your contacts are properly fitted, it should be easy to apply and remove them – it just takes some practice and patience. If you're blinking before the lens gets to your eye, try this exercise:



Thoroughly wash your hands and look closely in the mirror. Open your eyes wide and gently touch the white part of your eye with the pad of your forefinger without blinking.

Try to keep your finger there for two seconds before removing it. Once you master this skill, applying your contacts should be much easier!

## 2 How do I remove my contacts?

Always wash your hands before handling your contacts. If you wear soft contact lenses, gently pull down your lower eyelid with the middle finger of one hand. With the forefinger of your other hand, touch the lens and move it down to the white part of your eye where you can pinch it with your thumb and forefinger and gently lift it off your eye.

If you wear (rigid) gas permeable contacts, hold one hand out in front of your eye to catch the lens. Open your eye wide and use the forefinger of your other hand to gently pull the skin at the corner of your eyelid toward your ear. Blink and the lens should pop out and fall into your open palm.



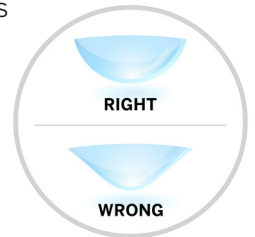
## 3 Can I wear my contacts while swimming?

Always avoid wearing contact lenses when swimming. In fact, your contacts should never be exposed to any kind of water other than approved lens care solutions and rewetting drops. Wearing contacts when swimming, using a hot tub, or even showering increases your risk of serious eye infections such as Acanthamoeba keratitis that can cause permanent vision loss.



## 4 Is my contact lens inside out?

Because soft contact lenses are very thin and pliable, it's sometimes hard to tell if they are inside out. Try holding your contact lens on the tip of your finger, with the edges pointing up, like a bowl. Then look at the lens from the side. If the edges bend outward, your contact is inside out.



## 5 Can a contact lens get stuck behind my eye?

The short answer is nope! Your eyelids have an inner lining that's connected to the surface of the eye and prevents anything from getting back there. It can feel like your contact lens is lost if you rub your eyes too hard or get bumped in the eye, causing your contact lens to move away from the center of your eye.

If this happens, you can usually find the lens or move it back to the center of your eye by adding a few contact lens rewetting drops to your eye and gently massaging your closed eyelid.