

7 Steps to Placing Contact Lenses (CL) on Someone Else's Eyes

The health of your vision is not to be trifled with. The Cornea of your eye is a surprisingly robust tissue, If your eyes are healthy, it is difficult to contract eye infections.



NEVER share contacts or wear contact lenses that have been used by others. We do not recommend having your buddy put in your contact lenses unless he or she already has experience wearing contact lenses, and has been properly trained to do so by an eye-care professional.



WARNING: a severe eye infection could potentially lead to the loss of your vision. NEVER wear contact lenses if: your immune system is impaired OR You have corneal damage OR very red eyes



If you were prescribed multi-day use contacts, be sure to store them with an appropriate **Disinfecting Solution** (not rinsing solution), as instructed by your eye care professional.



NEVER sleep in contact lenses after you have been swimming, diving, or even in a hot tub. It is best to remove contact lenses so that the natural tears and flushing action of your eyes can dislodge any microbes that could otherwise stay trapped underneath a contact lens.

It is not uncommon for people installing contacts for the first time to require 20 to 30 minutes per eye. We recommend that you wear your diving Rx contacts and Surface-Interval eyeglasses for three days, several hours a day, on dry land to get use to the effect BEFORE going diving. Installation time will decrease rapidly with a few days practice.

WARNING: Before handling contact lenses, clean your hands with soap and water, and then rinse your fingers with sterilized saline solution. On a boat or beach, we recommend using Purell® Hand Sanitizer to clean (alcohol), and then rinse with saline solution (e.g. Bausch & Lomb®).



- 1. EYE DROPS:** *Instill a few eye drops before attempting to put in the contact lenses.*
- 2. GET COMFORTABLE:** Resting with their head against a wall to prevent movement.
- 3. LOOK DOWN:** The CL recipient should gaze intently on a **small** fixed point with BOTH EYES. This helps avoid blinking / moving during insertion.
- 4. STABILIZE EYELIDS:** To install a contact lens into a RIGHT eye, the buddy uses their LEFT THUMB to stabilize the upper eyelid and RIGHT-RING finger to stabilize the lower lid. Place the contact lens on the RIGHT-MIDDLE finger. Moisture on your fingertip keeps the lens in place; too much moisture makes the lens stick to the finger.
- 5. PLACE CONTACT:** Gently place the CL onto the sclera (white) of the eye; roll your finger away.
- 6. SLOWLY LOOK UP:** Have recipient slowly look up ***while still controlling their eyelids.*** The contact lens should automatically seat itself on the "crown" of their cornea. **Slowly release eyelids.**
- 7. REMOVAL WARNING:** Both fresh water in the eye or dry eyes will cause contact lenses to stick against the eye. Before removing contact lenses, re-hydrate the eye and contact lens with eye drops or saline solution. Moist lenses are easily removed with the pinch-out or glide-off technique that's familiar to the buddy with contact lens wearing experience.