



Wearing contact lenses in 4 easy steps

A quick and easy guide to putting in your contact lenses.

- 1 Wash your hands**
Use soap and water. Rinse well and dry your hands with a towel that isn't too fluffy.
- 2 Open the lens pack**
Make sure you pick up the correct lens for each eye. Scoop the lens onto your finger so it's curving up like a bowl.
- 3 Wearing your lenses**
Using the hand that isn't holding your contact lens, hold your top eyelid still. Then, place the lens on your eye. It's okay to have an adult with you until you feel ready to put your lenses in and take them out by yourself.
- 4 Check your work**
To see if your lenses are in, blink slowly and gently. If everything feels good and nothing looks blurry, you're ready to go!

The Dos and Don'ts of caring for your contact lenses

Do

- ✔ Wash and dry your hands well before touching your contact lenses or your eyes
- ✔ Throw away torn, dirty or scratched contact lenses right away

Don't

- ✘ Do not wear your lenses if the lens pack is broken
- ✘ Do not handle your contact lenses with hands that are still wet from water
- ✘ Do not use spit or sink water to wet your lenses
- ✘ Do not go swimming or shower in your contact lenses
- ✘ Do not go to sleep with your lenses in your eyes
- ✘ Do not share your contact lenses

To learn more, ask an adult to help you check the resources section of the MiSight® App.

