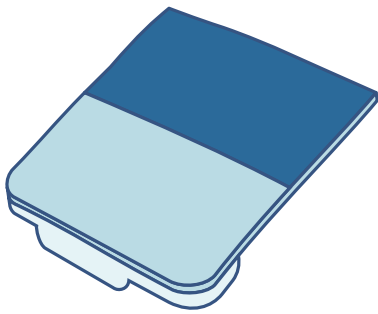


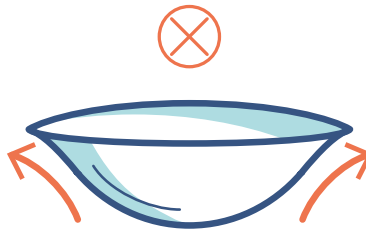
Contact lens checklist prior to application

Johnson & Johnson

INSTITUTE



Check the pack
expiration date and seal



Check the orientation of
the lens



Use orientation
indicators if available



Check the lens for
any damage



Ensure the lens is
free from dirt &
debris




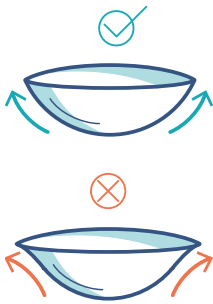


Make sure the lens is
neither too wet, nor too
dry

Top tip:

Encourage the patient to keep both eyes open and look straight ahead into mirror, although some patients prefer to look up at the last minute and place on the white of the eye.



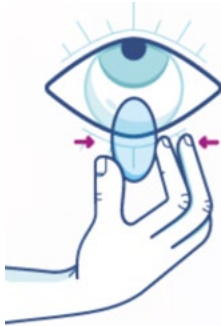

Application

Here are the four key steps for putting on contact lenses:

| | | | |
|--|--|--|---|
|  |  |  |  |
| <p>Wash hands (preferable with non-perfumed, liquid soap), rinse and dry with a lint-free towel</p> | <p>Check the lens orientation using 123 indicator or bowl test and position the lens on the index finger of the dominant hand</p> | <p>Secure upper eyelid with one finger of the other hand and carefully pull down the lower eyelid with the middle finger of the lens hand</p> | <p>Move the contact lens toward the eye, place it and slowly release the eyelids</p> |

Removal

Here are the four key steps for removing contact lenses:

| | | | |
|--|---|--|--|
|  |  |  |  |
| <p>Wash hands, rinse and dry with a lint-free towel. Pull down the lower eyelid using the dominant hand. New wearers often find it easier to secure the upper lid too</p> | <p>Slide the lens down to the white part of the eye, keeping the finger on the lens throughout</p> | <p>Squeeze the lens gently between the thumb and index finger to remove</p> | <p>Discard daily disposable contact lenses or clean and disinfect reusable contact lenses</p> |