

# Insertion and Removal of Hybrid Contact Lenses

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This material will help you understand how to insert and remove your hybrid contact lenses.

## How do I put in my contact lenses?

To put in your hybrid contacts, follow these steps:

1. Wash your hands with a mild soap and water. Use a lanolin-free soap. Dry your hands with a clean, lint-free towel.
2. Remove a lens from its case. Try to get into the habit of always doing the same lens first. This will help you avoid mixing up your lenses. When handling the lens, use your fingertips. Avoid touching it with your nails.
3. Place the lens in the palm of your hand and rinse it with a solution recommended by your eye doctor.
4. Inspect the lens to make sure it is shaped like a bowl. If the top is curved inward, smooth it out using your fingers. Unlike soft contact lenses, hybrid lenses cannot turn inside out.
5. There are three ways to hold the lens when you are inserting it. You can place the lens between your index and middle fingers. You can use your thumb, index, and middle fingers to hold the lens. You can also use a contact lens inserter or DMV. Use the method that is most comfortable for you.
6. Fill the lens completely with a non-preserved sterile saline solution. This will prevent air bubbles from forming between the surface of your eye and your lens. The solution also helps keep your eye comfortable while



you are wearing the lens. Do not use multi-purpose solution to fill your lens.

7. Turn your body so that your nose is parallel to the floor and you are staring down. You can do this by tucking your chin into your chest. It may be helpful to place a mirror on the table in front of you. Inserting contacts in this position will help make sure fluid does not fall out of the lens.
8. Use your free hand to hold open your upper eyelids by pulling up at the base of your eyelashes. Pull down the lower eyelid with the ring finger of the same hand that is holding the lens. Gently place the lens on your eye.
9. Repeat the steps above to put a lens in your other eye.

### **How do I take out my contact lenses?**

To take out your scleral contacts, follow these steps:

1. Wash your hands with a mild soap and water. Use a lanolin-free soap. Dry your hands completely with a clean lint-free towel.
2. Make an “OK” sign by placing your thumb and index finger together. Move your hand so that your finger tips are pointing towards your eye.
3. With your thumb and index finger still together, pinch the bottom of your lens. Let air move under the lens and remove it from your eye. Some people find it easier to remove hybrid lenses while their body is bent forward.
4. Repeat the process with the lens in your other eye.

**For more information, scan these codes with your smartphone or visit the websites listed.**



<http://www.synergieyes.com/consumer/ultrahealth/handling-care/>

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Author: Kristin Maurer, MPH candidate  
Reviewers: Amy Lagina, OD, FAAO and Gale Oren, MILS

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