

## 7 Steps to Placing Contacts on Someone Else's Eyes

The outside of your eye is made of remarkably hardy tissue, and if your eyes are healthy, it is difficult to contract eye infections. However the health of your vision is not to be trifled with.

**NEVER share contact lenses you have worn with anybody else, and never wear contact lenses that others have worn.** 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 trained in proper hygiene protocols for installing, wearing and removing contact lens.

**WARNING:** a severe eye infection could potentially lead to the loss of your vision. NEVER wear contact lenses if your immune system is impaired, and never wear contact lenses if you have corneal damage or your eyes are red, which could be a symptom of possible corneal damage.

**NEVER sleep in contact lenses** after you have been swimming, diving, or even in a hot tub. It is best to remove contact lenses right after the end of the day's water activities, so that the natural tear and flushing action of your eyes can dislodge any microbes that could otherwise stay trapped underneath a contact lens, in prolonged contact against your cornea(s).

The first time you attempt to install contact lenses yourself will take awhile – 20 to 30 minutes per eye is not unusual. For those new to wearing contact lenses, we recommend that you wear your diving Rx contacts on dry land, BEFORE going diving, for about 3 days, 1 to 2 hours per day, and wear your Surface-Interval Spectacles over the contact lenses to get used to the effect.

After a few days of practice you'll be putting in contact lenses in less than 10 seconds per eye.

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**WARNING:** Before handling contact lenses, clean your hands thoroughly with soap and water, and then rinse your fingers with sterilized saline solution. We recommend using Purell Hand Sanitizer, and then rinsing off the alcohol-based sanitizer from your fingers with sterilized saline solution.



- 1. EYE DROPS:** *Instill a few eye drops before attempting to put in the contact lenses.*
- 2. GET COMFY:** The person receiving the contact lens (CL) should be sitting comfortably. Stabilize the recipient's head against a wall to prevent movement.
- 3. LOOK DOWN:** The CL recipient should gaze *intently* on a fixed point with **BOTH EYES** (e.g. their knee if sitting). This helps avoid blinking / moving as the contact nears their eye.
- 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. Slight moisture on your fingertip keeps the lens in place, but a too-wet finger and the CL will never leave your fingertip.
- 5. PLACE CONTACT:** Gently place the CL onto the sclera (white) of the eye and roll your finger away from the eye. The contact lens should remain on the pre-moistened sclera.
- 6. SLOWLY LOOK UP:** Have the recipient **slowly** look up *while still controlling their eyelids*. The contact lens should automatically seat itself properly on the "crown" of their cornea. **Slowly release their eyelids.**
- 7. REMOVAL WARNING:** Both fresh water in the eye or dry eyes will cause contact lenses to cinch against the eye and complicate removal; dry contact lens might rip apart upon removal. **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.