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Tips for Using Contact Lenses by [Julia Roger](#)

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If you do not want people to know that you have vision problems and are hence ashamed of wearing glasses then Contact lenses can be your preferred choice. These lenses are easy to use and provide you with the right vision. Moreover, if you are too cautious about your looks then you should definitely opt for contact lenses. But you need to ensure that you wear the right lenses which can provide you with a corrected vision. Do wash your hands before applying lenses so that they do not get contaminated with the dirt or germs in your hand.

Gently shake the lens containing the storage solution case to loosen them if they are stuck. Do not pull out the contacts with your fingers forcefully as it might damage them. Slide the lens into your palm and rinse thoroughly with the lens solution. Place them on the tip of your index finger which should be dry and position the lens on your eye looking upward or forward. Gently close your eyes and roll them in a complete circle to help the lens settle and then blink. Ensure that you have used the right lens in the right eyes only. Check in the mirror whether the lens have properly centered on your eye or not to enable a comfortable and clear vision.

Similarly while removing the lenses you again need to wash your hands and repeat the same process for taking them off. Do not in any case try to forcefully pull out the lenses as it might damage your cornea. Do remember to keep your fingernails short to avoid accidental scratches and damages to your eyes. You can also use plungers for removing the contact lens but be careful while using it so that it touches only the lens and not your eye's surface. Remember that these lenses cover only your cornea and not your entire eye. UV contact lenses are also in use nowadays to help protect the white of your eye from pingueculae and pterygia.

You need to use contacts with complete precaution so that no damage is caused to your eye. Do not use any other solution or soap to wash your contacts other than the one prescribed as it might damage them.

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