



Mesmereyes Beauty
ALL EYES ON YOU

HOW TO INSERT AND REMOVE LENSES

STEP-BY-STEP INSTRUCTIONS



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HOW TO INSERT YOUR CONTACT LENSES



FOLLOW THESE HELPFUL STEP-BY-STEP INSTRUCTIONS FOR THE BEST METHOD TO PUT IN AND TAKE OUT YOUR CONTACTS.

1

Wash and dry your hands using soap and a clean towel.



2

Rinse lenses using solution to remove dirt or debris. (You can skip this step with brand-new contacts.)



3

Remove a contact from its case and put the lens on the tip of the index finger you're most comfortable using. Unless the prescription is the same for both, remember to check whether it's for your right or left eye. Also, make sure the lens is not inside out by checking the marker if appropriate.



4

Look straight ahead into a mirror. Using your free hand, pull your upper and lower eyelids away from your eye, so that you don't blink.



5

Using the free fingers of the inserting hand, slowly move the lens towards your eye.

Looking up, gently place the lens on the lower part of your eye.



6

Slowly remove your hand from your eyelid and blink a few times naturally, so that the lens centers. You should feel the lens settle on your eye.



7

If the lens feels uncomfortable or irritates your eye, take it out and check for damage or debris. If the lens is damaged, then throw it away. Otherwise, use lens solution to rinse it and reinsert.



HOW TO REMOVE A CONTACT LENS



1

Wash and dry your hands using soap and a clean towel.



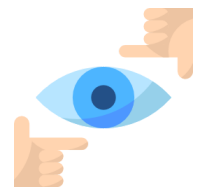
2

Looking up, pull down your lower eyelid. Slide the lens down to the bottom (white part) of your eye.



3

Using your thumb and index finger, squeeze the lens gently and lift it out of your eye. This may take a couple of attempts.



4

Place the contact lens in contact lens solution and rub the lens very gently in the solution while using your index finger. Then, place the lens in its section of the contact lens case. Fill the case with contact lens solution.



5

Repeat with the other eye, using the same hand and procedure.