How to wear contact lenses

1. To start with, wash your hands altogether and dry them well.
2. Open your contact lens case and utilize at the tip of your finger to place the principal contact focal point in your non-predominant hand.
3. Rinse the lens in contact lens solution. Never use normal water.
4. Place the lens on the top of the index or middle finger of your dominant hand.
5. Check to make sure the lens isn't damaged and that the correct side is facing up. The edges of the lens should turn up to form a bowl, not flip out. If it's inside out, gently flips it. If the lens is damaged, don't use it.
6. Look in the mirror and hold your upper and lower eyelids open with the hand not holding the lens.
7. Look in front of you or up toward the ceiling and place the lens in your eye.
8. Close your eye slowly and either roll your eye around or press gently on the eyelid to settle the lens in place. The lens should feel comfortable, and you should be able to see clearly after blinking a few times. If it's not comfortable, gently take out the lens, rinse it, and try again.
9. Repeat with the second lens.