

Step-By-Step Guide To Put In Contact Lenses

1. Preparation is essential!

Before starting the process, ensure you wash your hands with soap; ideally non-perfumed, anti-bacterial liquid soap, then subsequently rinse and dry your hands with a lint-free towel.

2. Ensure the lens is not inside out...

To do this, you must ensure to put the lens on the top of your finger and then hold it up to the light. If the edges flare out, it is inside out. If you're still not sure, test gently squeezing the lens to fold it in half. If when you squeeze the edges seem to meet, then you have the lens the right way. If it slightly bends outwards, then the lens is inside out.

3. Use your right-hand first!

The idea is to gently hold your upper eyelid up with one finger so you don't blink or get any eyelashes in the way, and this will allow you to carefully pull down your lower eyelid with your other finger so you can gently insert your lens into your eye. Don't worry if you blink – this is completely normal and can take some getting used to!

4. Finally... attach the contact lens to your eye

Moving your eye upwards steadily, look above as you place it on your eye and subsequently release your eyelid and close it to allow a moment for the lens to settle. You then need to repeat this process for the other eye. Sometimes you may need to blink the lens into place, so it sits comfortably.

How to put in color contact lenses?

If it's your first time experimenting with color contact lenses then there is no need to worry, as it is the same process as if you were to [remove a contact lens](#). All you need to do is follow the easy guide we have constructed above.

How to remove contact lenses if they become stuck?

[Color contact lenses](#) are a huge trend right now and show no signs of slowing down. You are probably wondering if it is a different process from how you would put in a normal contact lens. The simple answer is no, it's exactly the same process. All you need to do is follow the steps above steps and enjoy your new eye color!

What to do if the contact lenses are causing irritation

For those of you who are using contact lenses for the first time, it can sometimes be uncomfortable and uneasy – and can cause concern if you feel irritation. If you feel discomfort and irritation, there are a few options you could try:

- Clean and hydrate your contact lenses more frequently – especially during summertime, it can be beneficial to clean your lenses on a more regular basis to prevent allergies, such as hay fever. The dryness in summer is also more prone to drying out your eyes so also consider using eye drops to keep your eyes moisturized and hydrated.

- Issue with the lens solution? Try changing to a hypoallergenic solution, as this can help to reduce irritation.

- Try using compressions – Pouring hot water onto a towel and applying pressure to the areas of your eyes impacted can help reduce the irritability caused by contact lenses.

- Whatever you do, do not rub – Temporarily it could potentially make your eyes feel better, however – we advise you don't do this, as rubbing your eyes could mean the irritability is sustained for longer and it can disjunct the lens in your eye.

- Contact an optometrist – If the irritation continues, it might be worth seeking advice from your eye doctor to help identify the issue. They might be able to offer you another type of contact lens that can combat irritability.

Buy color contact lenses from Solotica today

If you are looking to experiment with color contact lenses, then view our stunning lineup of Solotica lenses in 6 dazzling collections. We offer a stunning range of distinctive styles for you to try – whether you are looking at something for everyday use or are going to a special event, we've got you covered!