TABLE 29-6 Removal of Hard and RGP Lenses

- Before removing the lens, fill the storage cases with soaking/conditioning solution.
- Remove the top from the cleaning solution.
- Place a hand (or a towel) under the eye.
- Use one of the following methods to remove the lens from the eye.

A

Two-finger Method of Removing Lenses

- Place the tip of the forefinger of one hand on the middle of the upper eyelid by the lashes as shown in drawing A.
- Place the forefinger of the other hand on the middle lower lid margin (see drawing A).
- Push the lids inward and then together (see drawing B). The lens should pop out.
- If the lens becomes decentered onto only the white part of the eye, recenter the lens and try again.

B

C

Temporal Pull/Blink Method of Removing Lenses

- Place an index finger on the temporal edge of the lower and upper lids. Initially, widen the eyelids a little as shown in drawing C.
- Stretch the skin outward and slightly upward without allowing the lid to slide over the lens. Blink briskly (see drawing D). The lens will pop out because of the pressure of the eyelids at the top and bottom of the lens. Blinking facilitates removal after the lids have been tightened around the lens.

D