training with all of your new contact lens patients. This will prevent the proverbial five o’clock Friday afternoon patient knocking on your door for help.

To recenter the lens:

1. Have the patient look in a direction away from the side of the eye the lens is on.
2. With your index finger, gently support the outer edge of the lens.
3. Have the patient slowly return to looking straight ahead.
4. As the patient looks straight ahead, your finger will act as a roadblock keeping the lens stationary. The patient’s eyeball will slide under the lens, and the lens will become recentered.

Application and removal of soft contact lenses

Soft contact lenses are more easily damaged than the rigid variety of lens. First-time wearers must be properly trained in their application and removal to avoid costly tears that can occur in the soft lenses.

Apply soft lenses in much the same fashion as hard lenses. However, soft lenses