

## Removing A Stuck Contact Lens

Removing stuck contact lens can be difficult. Removing stuck contact lens can also be uncomfortable. If you have a problem removing stuck contact lens, do not panic. Removing stuck contact lens can be relatively easy if you remain calm and have a plan. Begin removing stuck contact lens by washing your hands and make sure the drain in the sink is closed. Put your index finger on your lower eyelid and pull the eyelid down. Continue removing stuck contact lens by touching the lower edge of the contact lens with the tip of a finger. Try removing stuck contact lens by looking up and trying to slide the lens down toward the white of your eye. Removing stuck contact lens at this point can be tricky if it is truly stuck. Try looking up and holding the lens under your index finger. Move your thumb and try to compress the lens carefully between your thumb and index finger. Removing stuck contact lens may become rather aggravating so use some patience and try a few re-wetting drops. When you are removing stuck contact lens and you wear hard contacts you can try using a plunger. You will not have any luck removing stuck contact lens if they are the soft variety. Back to removing stuck contact lens of the hard variety with a plunger. This works well and is very effective. You moisten the cup of the plunger and place it right on top of the lens. The lens should be easily removed because it will stick to the plunger. Removing stuck contact lens this way usually is the best plan. When you have soft contacts, removing stuck contact lens is a little trickier. You have to use your fingers and just keep lubricating your eye. Removing stuck contact lens is not much fun but it can be done. If you really have a serious problem removing stuck contact lens, contact your ophthalmologist.

## About the Author

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