

# Insertion and removal

How to **insert** and **remove** your ocular prosthesis.

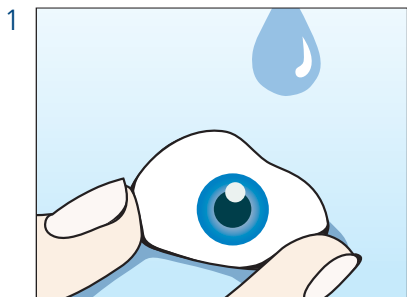
It does take **a little bit of practice** at first, but then you will find it very easy.

Never forget to wash your hands thoroughly before touching your prosthesis with your fingers.

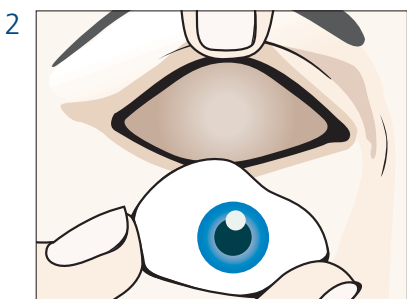
Always place a soft cloth (or a towel) below your face before you remove the prosthesis to avoid damage. Ideally, you should never handle your prosthesis above the washbasin or stone or tiled floors. Your prosthesis might become scratched and glass prostheses break easily upon impact with hard, non-resilient surfaces.

To start with, you may find that inserting your prosthesis takes some getting used to. After a short while, however, and with a little bit of practice it will soon be no problem at all anymore. Nevertheless, if difficulties arise it is our urgent advice that you consult your ophthalmologist.

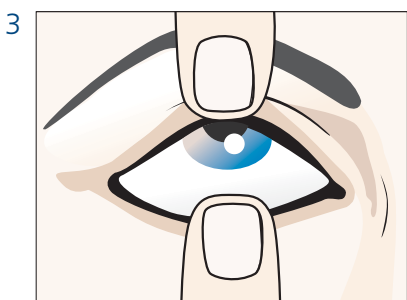
## How to insert the prosthesis:



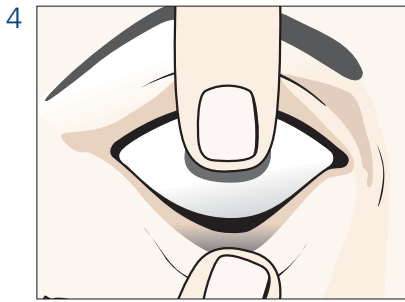
(1) Moisten your prosthesis.



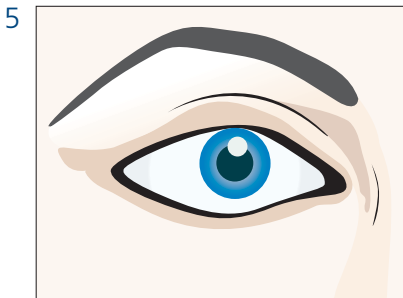
(2) Pull your upper lid upward with your left hand and place the prosthesis on the lower lid.



(3) Push the prosthesis as far upwards into the orbit as possible.

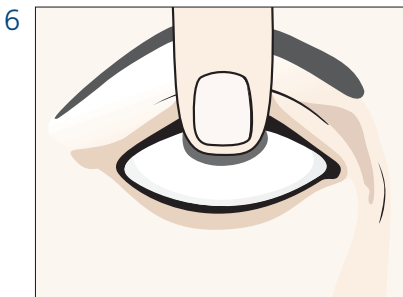


- (4) Retain prosthesis in this position with left hand and pull out the lower lid from under it.

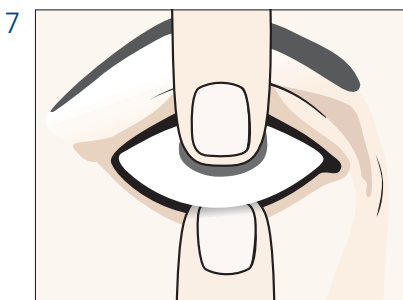


- (5) Your prosthesis will now slide automatically into its correct position.

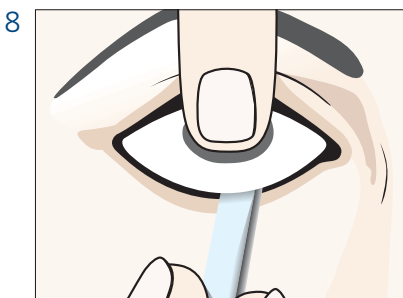
#### How to remove your prosthesis:



- (6) Gaze upwards and place left index finger onto prosthesis.



- (7) Place your right index finger onto the lower lid edge and push the lid underneath the lower edge of the prosthesis.



- (8) Alternatively: Use a blunt instrument and slide underneath the lower edge of prosthesis to lever it out with utmost care. (You can obtain a suitable tool to do this from your ocularist).