

Insertion

- Wash the hands with noncosmetic soap and rinse thoroughly; dry the hands with a lint-free towel.
- Remove the lens for the right eye from its storage container.
- (Optional) Rinse the lens with saline solution to dilute any preservatives left from disinfection.
- Place the lens on the top of a finger and examine it to be sure it is not inside out. This can be done by using the “taco test.” Gently fold the lens at the apex (not the edges) between the thumb and forefinger. The edges should look like a taco shell with the edges pointed inward. If the edges roll out, the lens is inverted and must be reversed.
- Examine the lens for cleanliness. If necessary, clean it and rinse again.
- Insert the lens on the right eye using the same procedure as for hard and RGP lenses (see Table 29-8).
- Repeat the process for the left eye.

Removal

- Before removing the lenses, wash hands with a noncosmetic soap; rinse the hands thoroughly and dry them with a lint-free towel.
- Using the right middle finger, pull down the lower lid of the right eye. Touch the right index finger to the lens and slide the lens off the cornea as shown in drawing A.
- Using the index finger and thumb, grasp the lens and remove it (see drawing B).
- Repeat the procedure for the left eye.

**A****B**