

Insertion

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 - Fill the bowl with fluid
 - Preservative free saline recommended
 - Insert lens with face down so fluid will stay in the bowl



Removal

- Removal
 - Most people will remove lens with a suction cup.
 - Place suction cup on inferior 1/3 of lens.
 - Break suction of lens with index finger
 - Lift up and out with the suction cup

