

Scleral Lens Care

To apply the lens:

Place the lens either on a plunger or on a “tripod” formed with your thumb and first two fingers.

Fill the bowl of the lens with preservative free saline solution.

Holding eyelids open wide apply the lens to the surface of the eye.



Insertion plunger



Three finger hold



Two finger hold

To remove the lens:

If using a plunger, attach the plunger to the edge of the lens and tilt the lens off the eye.

If not using a plunger, look down. Manipulate the upper lid to “break the seal” at the upper edge of the lens, and “fold” the lens off the surface of the eye.



Removal plunger

NEVER REMOVE THE LENS BY PUTTING THE PLUNGER IN THE MIDDLE AND PULLING STRAIGHT OUT!

Troubleshooting tips and tricks:

If you're using a solid lens (without holes or fenestrations) and are unable to maintain fluid in the bowl of the lens as you bring it towards your eye, make sure that your face is fully parallel to the floor. It may seem like you are nearly standing on your head when you're in the correct position to apply the lens.

Lid control is essential; use one hand to hold lids completely out of the way, and don't release the lids until the lens is actually fully in place and the plunger (or your finger tripod) has been removed.

If you are unable to successfully apply a solid lens with saline, it may be easier to practice after filling the bowl of the lens with Celluvisc™ or another non-preserved viscous lubricant. These viscous lubricants will blur your vision compared to saline, but will not spill out as easy as the saline. Once you've mastered this step, you may want to switch to saline to give you better vision.

Only **non-preserved saline** may be used in the bowl of the lens. The Doctor will prescribe NaCl solution from the pharmacy. The saline used for scleral lenses usually comes in plastic vials.

If you are using a bulbed plunger, and can see the opening in the center of the suction cup, look directly at the hole as you bring the lens into position. This will help you to position the lens correctly.

Try to keep both eyes open as you apply your lenses. This may also help you to position the lenses correctly.

LENS CARE



- **CLEANING solution:** Place the lens in its case, use Clear Care solution. This will need to neutralize for 6 hours prior to reinsertion.
- **SALINE/APPLICATION solution:** When you are ready to apply your lens, remove it from the cleaning solution. Rinse with non-preserved saline. Fill the bowl of the lens with non-preserved saline and apply to the surface of your eye.

Wearing Schedule:

Wear 1-4 hours the first day. Increase by 1 hour daily until 12-14 hours. **DO NOT SLEEP IN LENSES.**

Next Appointment

Wear lenses for at least 4 hours prior to recheck.

In the beginning it is normal if:

1. Your eyes itch or feel funny

2. You are more aware of one lens more than the other
3. You have better vision in one eye than the other
4. You have trouble handling your lenses

Remove your lenses IMMEDIATELY if:

1. You develop unusual pain or redness
2. You develop unusual foggy or cloudy vision
3. You experience a decrease in vision that does not clear up
4. You suspect something is wrong

If you have any questions regarding contact lenses, think that you may be experiencing symptoms related to them, remove lenses and call immediately.

For more information on scleral lenses, www.sclerallens.org