

# How to Use Scleral Lenses

*This information has been reprinted with permission from the Scleral Lens Education Society. For video tutorials, visit [www.sclerallens.org](http://www.sclerallens.org)*

## **TO APPLY THE LENS:**

Place the lens either on a bulbed plunger or on a “tripod” formed with your thumb and first two fingers. Fill the bowl of the lens with fluid, if advised to do so by your eye care provider. Holding eyelids open widely, apply the lens to the surface of the eye.

## **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.

## **TROUBLESHOOTING TIPS & 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 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.

# How to Use Scleral Lenses *cont.*

## LENS CARE

Different providers may recommend different products for the care and cleaning of your lenses. However, most care/cleaning regimens will include the following components:

**Daily cleaner:** *After you have removed your lens, place the lens in the palm of your hand. Add several drops of cleaning solution, and gently rub both sides of the lens for 10-15 seconds.*

**Rinse:** *Rinse your lens with either non-preserved or gently preserved saline to remove all traces of the cleaning solution.*

**Conditioning/soaking solution:** *Place the lens in its case with the soaking solution recommended by your eye care provider.*

**Saline/application solution:** *When you are ready to apply your lens, remove it from the conditioning solution. Rinse with saline. Fill the bowl of the lens with non-preserved saline (or other non-preserved solution as recommended by your provider), and apply to the surface of your eye.*

## DISCLAIMER

The information contained here is intended solely for general educational purposes; it is not intended nor implied to be a substitute for professional medical advice relative to your specific medical condition. Always seek the advice of your personal physician or other qualified health provider prior to starting any new treatment or with any questions you may have regarding your medical condition. In no event will The Scleral Lens Education Society or Art Optical Contact Lens, Inc. be liable to you or anyone else for any decision made or action taken by you or anyone else in reliance upon the information provided through this transmission. Permission to reprint or electronically reproduce any document, tradename, logo or other graphic in whole or in part for any other reason is expressly prohibited, unless prior written consent is obtained from The Scleral Lens Education Society.