

contact lens wearing experience!

Your new lenses are custom fit, made just for you, and represent the very latest in contact lens technology. With proper care and handling, your lenses will provide exceptional vision and comfort.

How to Use Scleral Lenses

The first rule for healthy eyes with scleral lenses is to wash your hands well with a mild soap and dry your hands with a lint-free towel.

Before inserting your lenses, inspect your eyes for any redness or secretions. If you notice any irritation or changes in your vision, refrain from lens wear and contact your eye care practitioner.

TO APPLY THE LENS:

Position yourself so that your head is parallel to the floor and stare down into a mirror placed on a flat surface.

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 non-preserved saline solution. Holding eyelids open widely, apply the lens to the surface of the eye.



INSERTION TIPS & TRICKS:

- 👁 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 your scleral lenses feel uncomfortable, or your vision isn't clear, there may be an air bubble trapped beneath the lens. If so, you need to remove the lens and insert again until no air bubbles are present.
- 👁 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.

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.



Scleral Lens Care

Different eye care practitioners may recommend different products for the care and cleaning of your lenses based on the lens properties and your individual needs.

It's important to use the care products recommended by your eye care practitioner as not all solutions are compatible with all lenses, and substituting care products without the guidance of your practitioner may cause potential complications or be harmful to your lenses.

Most scleral lens care regimens 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/DISINFECTION: Place the lens in its case with the soaking solution recommended by your eye care practitioner.

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 and apply to your eye.

Important Information:

My Next Office Visit: _____

or call: _____
with questions or concerns.

My Lens Care Products: _____

Special Instructions: _____

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CAUTION: lens removal and insertion products may contain natural rubber latex which can cause allergic reactions in some patients, and due to choking hazard potential, should be kept away from small children.

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