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Scleral Contact Lens Care and Handling Guidelines

Congratulations on your new contact lenses! You have been fit with a specialty contact lens by your eye doctor. It is now up to you to ensure success by practicing good habits when handling and caring for your contact lenses. This reference sheet has general guidelines for application and removal, cleaning and disinfecting, and follow-up for your contact lenses. As always, please contact us if you have any questions or problems.

Application and Removal

To enjoy optimal comfort with your contact lenses, you must develop good techniques for applying and removing your lenses. Use the following guidelines to review your technique as you learn to handle your lenses.

ALWAYS WASH YOUR HANDS with a lotion-free soap before handling your lenses.

Application

1. WASH AND DRY YOUR HANDS with a clean, lint-free towel. It is easiest to control your eyelids with clean, dry fingers.
2. Remove your contact lens from its case and rinse with saline (Bausch and Lomb Sensitive Eyes Saline Solution).
3. Support the lens on a lens insertion tool (large suction cup with bottom cut off or a ring-like tool) OR place it on a “tripod” of your thumb, index, and middle fingers (or maybe your ring finger).
4. Fill the ‘bowl’ of the lens to the top with a **PRESERVATIVE FREE** solution recommended by your provider (Addipak/pink vial, Nutrifill, Scleral Fill, etc). Overfilling is recommended to avoid bubbles. Underfilling is not recommended.
5. Place your head down, parallel to the horizontal plane (typically a table or a sink with the drain closed).
6. Spread your top and bottom eyelids wide with your fingers from one hand. Don’t blink, and insert the lens by placing it gently onto the center of your eye. Fluid from the lens may spill out. Let go of the lower eyelid first, then the upper.
7. Move your head upright and gently blink. Look into a mirror to ensure uniform lubrication and no bubbles. A small blurry spot in your vision is most likely a bubble. If present, or if the lens feels uncomfortable, remove and reinsert the lens.

Removal

NOTE: Please BE CAREFUL and ensure that your lens is on your eye before attempting to remove it. The plunger, if applied directly to the cornea, can cause painful damage. Please contact our office immediately if that happens by mistake.

1. Lubricate the removal tool/plunger with preservative free artificial tears or saline and shake off the excess fluid.
2. Spread your top and bottom eyelids wide with your fingers from one hand.
3. Apply the plunger midway between the lens’ center and edge. Gently press in to verify good suction, and make a movement upward and away from the eye. This will break the seal and the lens can be removed. Lift the lens edge away from the eye.

If lens removal is difficult, pull your lower eyelid beneath the lower edge of the lens and push up to introduce air bubbles under the lens; then reapply the contact lens removal tool and remove the lens.

Cleaning and disinfection

Cleaning and disinfecting your contact lenses is an important part of maintaining healthy eyes. Please follow the directions carefully for your prescribed care system to ensure proper cleaning and disinfection.

Hydrogen peroxide systems (Clear Care)

Hydrogen peroxide systems have no preservatives and are therefore very good for sensitive eyes. Peroxide is a very effective disinfectant, but must be neutralized prior to lens wear. It should NEVER be dropped directly into the eye from the bottle. Make sure you use the proper lens case and soak the lenses for at least 6 hours prior to inserting them.

Multipurpose rigid gas permeable lens solution (Unique pH, Boston Simplus)

Unique pH is a cleaning and disinfecting solution that is sometimes more convenient than peroxide systems. To clean, rub both sides of your lenses with the solution. Rinse both sides of the lens and store in new solution for at least 4 hours to disinfect your lenses. This is rarely found in stores, but can be purchased online.

Two-step systems (Boston Advance, Optimum)

Two-step systems require separate solutions for cleaning, rinsing, and storage. Use the daily cleaner to rub the lens for 15-20 seconds. Rinse with saline solution (this is not included in your free sample kit). Disinfect by storing in the disinfecting/storage solution for the recommended number of hours.

NEVER USE TAP WATER WITH CONTACT LENSES

ALWAYS DISINFECT LENSES IN FRESH, NEW SOLUTION EVERY NIGHT.

NEVER use **ANY** of the above cleaning/disinfecting solutions to fill the 'bowl' of your scleral lenses.

Wearing Time and Follow-up Schedule

If you are a new contact lens wearer, you should slowly increase your wear time to allow your eyes to gradually adapt to lens wear. On the first day, begin with 2-4 hours. Add 1 additional hour per day to a maximum of 8-10 hours the 1st week and 12 hours after that. To ensure that your eyes are adapting to lens wear without complications, you are required to return for follow-up visits. Expect about 3 visits over the first 3 months. Your doctor may recommend additional follow-up visits, depending on the lens type and your eye condition.

What to do if you have a problem

Potential complications of contact lens wear include:

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| <input type="checkbox"/> Eye pain | <input type="checkbox"/> Light sensitivity |
| <input type="checkbox"/> Redness | <input type="checkbox"/> Excessive dryness |
| <input type="checkbox"/> Excessive tearing or unusual discharge | <input type="checkbox"/> Stinging or burning |
| <input type="checkbox"/> Excessive discomfort or lens awareness | <input type="checkbox"/> Blurry, cloudy or foggy vision |

If you experience any of the symptoms listed above, remove your lenses immediately. In most instances, this will provide relief. If the condition persists after lens removal, you should immediately call for an appointment or consultation with your eye care provider. If you have any questions regarding care and/or handling of your contact lenses, please ask your eye doctor at your next follow-up visit. Good luck!

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