

Care of Scleral Contact Lenses



FOR A COPY OF THESE INSTRUCTIONS AS WELL AS VIDEOS OF SCLERAL CONTACT LENS INSERTION AND REMOVAL.
Please visit our website www.precisionfamilyeyecare/scleralcontactlenses.com

General Handling Instructions and Tips

1. Always wash your hands thoroughly before handling your scleral contact lenses. Avoid soaps with creams, perfumes, oils, or moisturizers. These can build up on the lens and cause dry spots on the lens and discomfort with wear.
2. Keep finger nails properly manicured, especially at first. This will make all steps of the insertion and removal process much easier.
3. Work over a clean, flat surface and if risk of lens loss is possible, it is recommended to plug the drain.
4. Because lenses often look very similar, it is recommended to get in the habit of working with the same lens every time to avoid mixing up the lenses.
5. NEVER WASH, RINSE, CLEAN OR EXPOSURE YOUR SCLERAL CONTACT LENSES OR CONTACT LENS CASE TO WATER.

Scleral Contact Lens Removal

1. For Lens Removal, use the DMV 45 plunger supplied with your Scleral Contact Lens Starter Kit (blue plunger).
2. Examine your eye closely in the mirror to make sure the lens is still in place and ready to be removed
3. Place the plunger on the bottom 1/3 of lens and form a seal with the plunger. Never try to take the lens off by plunging in the center, the suction forces of the lens on the eye will be too strong.
4. With the plunger in place, cantilever the lens to break suction and remove.
5. If the lens is too firmly attached, you may need to push slightly with the plunger to allow bubbles to enter under the lens to break the suction.
6. **ADVANCED TECHNIQUE** – As you become more comfortable with your lenses. It is possible to manually maneuver your lids both above and below the contact lens and, using force from the lids, break suction and allow the scleral contact lens to pop out without the DMV 45 plunger.

Cleaning and Care of a Scleral Contact Lens – Clear Care

Steps

1. MAKE SURE YOU READ THE INFORMATION BELOW ABOUT CLEAR CARE SOLUTION
2. Place the freshly removed scleral contact lens on your palm.
3. Place a few drops of Clear Care in the bowl of the scleral contact lens and on your palm.
4. Using your pinky, clean the lens in a circular motion for about 10 seconds to remove deposits from the lens.
5. Place the lens in the appropriate basket of the Clear Care case.
6. When both lenses are in the basket, rinse the scrubbed lenses with Clear Care solution for 5 seconds.
7. Fill Clear Care case to the line with the solution and screw on the lens case, **DO NOT OVERTIGHTEN.**
8. After six hours the hydrogen peroxide is neutralized to saline and scleral contacts are clean and ready to insert.
9. Discard the used Clear Care solution and allow the case to air dry while open through the day.

Information to Know About Using the Clear Care Cleaning Solution

- Clear Care is essentially hydrogen peroxide that cleans the contact lens. This solution is specially formulated to neutralize over time. **STANDARD HYDROGEN PEROXIDE WILL NOT NEUTRALIZE. IT CANNOT BE USED AS A REPLACEMENT FOR CLEAR CARE SOLUTION.**
- The platinumized disk at the bottom of the case stalk requires **6 hours** to neutralize the hydrogen peroxide into saline, during which time the scleral contacts are sterilized and cleaned. Bubbling within the case is very, very normal.
- Do not shake, invert, or allow the Clear Care case to set on its side as it will leak.
- **DO NOT ATTEMPT TO REMOVE AND INSERT THE LENSES BEFORE THE SOLUTION HAS SAT FOR AT LEAST 6 HOURS. FAILURE TO DO SO WILL RESULT IN A PAINFUL CHEMICAL BURN – honestly, all Clear Care users end up doing this by accident, usually just once. When you do, call our office, we'll prescribe drops to help with the redness and irritation.**
- The platinumized disk loses its ability to neutralize the hydrogen peroxide over time. Therefore, whenever you buy a new bottle of Clear Care, switch to the new case that comes in the packaging.
- As long as the case is not opened, lenses sterilized with Clear Care will remain sterile for 7 days. If the lenses are left longer, please re-sterilize the lenses with fresh solution before wearing.
- Some scleral lenses are too large to fit in a standard Clear Care case. Larger PROSE cases are available online from www.dryeyeshop.com
- When using the PROSE case, it does not come with a neutralizing disk. If you need to use a larger PROSE case, slide (or break) off the disk from the Clear Care case and place it in the bottom of the PROSE case. Don't forget to repeat this process whenever you buy a new Clear Care bottle.
- For patients that have trouble with lens depositing, use of Unizyme is recommended. Simply place one tablet inside the case during cleaning. Enzymatic cleaning is recommended every 1-4 weeks. Available online.
- If heavy depositing is still noted. Contact us and we will recommend a strongly cleaning agent.

Scleral Contact Lens Insertion

1. There are several different ways to insert a scleral contact lens but various options differ on what “holds” the contact lens during insertion. All other steps remain the same. This tutorial will refer to use of the DMV Classic Plunger supplied in your Scleral Contact Lens Starter Kit (green plunger).
2. Additional scleral lens insertion tools and options are in the videos on our website.
3. Take the freshly cleaned scleral lens and rinse with a few drops of 0.9% Sodium Chloride Inhalation Solution to remove any cleaning solution and/or debris from the contact cleaning process.
4. Because there is limited tear exchange under a scleral contact lens, it is important that the lens be clear of chemicals, preservatives, or buffers that could irritate the eye or cloud the vision over the course of the day.
5. Depress plunger and on it place the scleral lens “eye side” up, release the bulb of plunger slightly to form a seal. The purpose here is to create a stable platform for the lens to sit during insertion.
6. Fill the scleral lens COMPLETELY full with 0.9% Sodium Chloride Inhalation Solution. This is critical to keep bubbles from trapping under the lens.
7. Orient your face PARALLEL to ground and hold your lashes and lids fully out of the way during insertion. This feels strange at first, but is very important; these lenses cannot be inserted the way of traditional lenses.
8. When first learning to insert scleral lenses, it is often useful to place a mirror flat on the counter to allow yourself to view the process.
9. Swiftly place the lens onto the eye, and once seated, blink firmly to get the lids over the large scleral lens.
10. Only after blinking, depress the plunger to release the lens.
11. Examine the eye closely in the mirror to make sure there are NO BUBBLES under the scleral contact lens. If bubbles are seen, remove the lens and begin the process again. Bubbles underneath scleral contact lenses with vastly distort vision and cause substantial discomfort throughout the day.

Note about 0.9% Sodium Chloride Inhalation Solution – This solution is highly recommended, although this is **off label use**. It does not require a prescription but some pharmacies like to have one. We have included a written prescription in your Scleral Contact Lens Starter Kit if you'd like to get this from a pharmacy and use a FSA or HSA account to pay for it. You may also buy this product online; the best places are amazon.com or exmed.net. We also included some of this product to get you started.