

SCLERAL LENS GUIDE

 custom stable™
SCLERAL LENSES

APPLICATION INSTRUCTIONS

Supplies



- Application Device
- Preservative Free Saline
- Flat Mirror

Alternatives



- 1** Wash hands thoroughly with non-fragrant, non-moisturizing soap and dry them completely with a lint-free cloth.



- 2** Rinse the appropriate lens with non-preserved saline solution, making extra effort to rub any cleaning solution from the inner bowl of the lens.



- 3** Set up the lens for application centered on the application device.



- 4** Fill lens bowl with non-preserved saline solution, making sure to overfill the bowl.



- 5** Secure lids open, allowing for room to insert the lens. Dry fingers and lids are crucial to a good grip.



6 Tuck chin to chest. Lean forward from hip and bring face to a parallel angle to mirror.



7 Apply lens to eye by raising the application device vertically while looking into center of lens; continue until some fluid overflows the bowl and you feel some pressure of the lens on the eye.



8 Release the lids, then squeeze the application device (if suction used) while lowering it from the eye to release it from lens.



9 Check for air bubbles. Remove and re-apply if present.



10 Rinse application device and store dry.



TIPS

Gently rubbing your conditioning solution on front surface of lens improves lens wetting and vision.

Make sure your lids and fingers are dry to promote a firm grip while holding.

When holding lids, if you can see white all around the colored part of the eye (iris), you will likely have enough room to apply the lens.

If you release the lids before pulling the application device away from the eyes, the lids act to hug the lens into the eye.

Holding the lids at the base of the lashes instead of at the skin of the eyelid help with grip.

Keep both eyes open to help maintain focus and to prevent eye from closing.

REMOVAL INSTRUCTIONS

Supplies



- Removal Device
- Contact Lens Case
- Cleaning Solution
- Wall Mirror

TIPS

Make sure your lids and fingers are dry to promote a firm grip.

Don't apply removal device to the center of the lens. This induces more pressure on the eye during removal and could crack the lens.

Adding a few drops of saline into the eye before attempting removal helps float the lens and makes removal easier.

1 Wash hands thoroughly with non-fragrant, non-moisturizing soap and dry them completely with a lint-free cloth.



2 Apply one drop of preservative free saline to the tip of the removal device to help with suction.



3 Facing a mirror on the wall, secure upper and lower lids similarly to when applying the lens.



4 Place the removal device at 6 o'clock on the lens with moderate pressure ensuring the device suctions onto the lens.



BEFORE REMOVING LENS: Ensure the upper lid is held above the lens to prevent the lens from scratching eye.

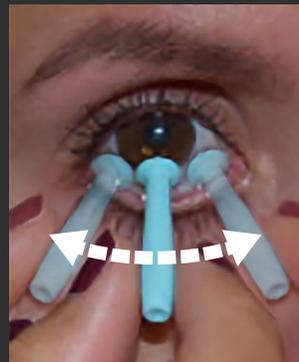
5 Use the removal device to break suction of the lens from the eye by rocking it in an outward motion from the eye.



6 Once suction breaks, gently pull the lens from the eye with the device without dragging it on the front of the eye.



7 Remove the lens from the device by gently sliding it off. Clean the tip of the removal device and store dry.



Cleaning & Storing

1. Place lens in palm of hand, add few drops of cleaning solution and gently rub both sides of lens for 10-15 seconds.
2. Rinse the lens with cleaning solution or preservative-free saline.
3. Place lenses in proper lens wells of the contacts case.
4. Fill lens wells with fresh cleaning solution.
5. Store overnight or up to recommended allotment as recommended by distributor.



Use an extra strength cleaner or enzymatic cleaner as needed or recommended by provider.

TIPS

Rotate the lens clockwise and counter-clockwise with the removal device.

Move the lens with the finger through the lower lid.

Apply gentle pressure near the edge of the contact while attempting to remove.

FREQUENTLY ASKED QUESTIONS

How long can I wear scleral lenses during the day?

There is no standard wear time. Some patients are able to comfortably wear the lenses a few hours at a time and others can wear it the entire day.

Can I shower with my lenses?

You should avoid showering with lenses because shower water is not sterile and could introduce bacteria into the lens.

My vision is blurry or foggy through my lenses. What can I do to make it better?

With proper fit and prescription, at home troubleshooting you can do would be to take lens out and clean it. Avoid using creams or lotions on hands or face before lens application. Ensure there isn't a bubble in the lens. Otherwise contact your doctor to evaluate the lenses.

Why do I keep getting bubbles with insertion?

Not enough solution in the bowl of the lens, not raising applicator up directly perpendicular to eye, and applying too much pressure with application could cause bubbles. If application methods are proper, make appointment with doctor for fit evaluation.

My eyes are red with my lenses on, what should I do?

Note any associations and how quickly they turn red. Make an appointment with your doctor to evaluate the lenses and limit the lens wear until your exam.

How long will my scleral lenses last?

With normal wear and tear, most lenses could last about 1-2 years. Proper maintenance and cleaning solutions help with the longevity of the lenses.

Can I use tap water to rinse the lens?

No – this could introduce bacteria to the lens, especially within the bowl (which is in contact with the front surface of the eye through the entire wear time). Any intruders could grow within the lens bowl and lead to infection.

My eyes are dry, what can I use to lubricate them with the lenses on?

Non-preserved artificial tears can be used through the day and some people find relief adding 1-2 drops into the lens bowl before application. Limit any preserved drops to 4x/day.

Should I put my lenses on before or after I do my make-up?

Before. Oils and creams can compromise the vision by coating the front of the lens and affecting the wetting properties of the lens.

I currently use autologous serum drops, can I still use them with the lenses?

Upon lens application, add 1-2 drops into the lens bowl. Too much will blur vision.

Can I swim with my lenses? Hot tubs? Lakes? Oceans?

No – any body of water can be a breeding ground for pathogens. These can get into the lens bowl and lead to infection. If it happens, remove the lenses as soon as possible, clean and reapply with fresh solution.

Can I sleep with my lenses? What about naps?

No – sleeping with your lenses on can lead to swelling of the cornea due to lack of oxygen. You will likely wake up with blurry vision and uncomfortable eyes.

RESOURCES

SUPPLIES

Preservative-Free Saline

Nutrifill (FDA approved for scleral filling application)

nutrifill.com

LacriPure (FDA approved for scleral filling application)

meniconwebstore.com

ScleralFil (FDA approved for scleral filling application)

bauschvpstore.com

PuriLens Plus (rinsing only)

Amazon.com, Purilens.com, dryeyeshop.com

Simply Saline (rinsing only)

[CVS](http://CVS.com), [Walgreens](http://Walgreens.com), [Walmart](http://Walmart.com), Amazon.com

Gas Permeable Lens Solutions

Cleaning, Disinfecting & Storage Solutions

Unique pH (Menicon), Boston Conditioning Solution, Boston Simplus Multi-Action Solution, Optimum by Lobob CDS

Hydrogen Peroxide Cleaners (require digital rubbing) Clear Care

Extra Strength Cleaners

Boston Cleaner Advanced Formula, Extra Strength Daily Cleaner (Walgreen brand)

Enzymatic Cleaners

Progent (Menicon), Opti-Free SupraClens (Alcon), Boston One Step Liquid Enzymatic Cleaner, Ultrazyme (AMO)

Online Stores

dryeyeshop.com, meniconamerica.com, amazon.com

Application & Removal Devices

dryeyeshop.com, Amazon.com

VIDEOS

Application & Removal Videos

Custom Stable Care & Handling

valleycontax.com/videos-and-webinars/

Scleral Lens Education Society

sclerallens.org/how-use-scleral-lenses

COMMUNITY RESOURCES

Keratoconus

National Keratoconus Foundation

www.nkcf.org

Sjögren's Syndrome

Sjögren's Syndrome Foundation

www.sjogrens.org

Stevens Johnson Syndrome

Stevens Johnson Syndrome Foundation

sjsupport.org

Ocular Graft versus Host Disease

Diagnosis and Management of Ocular Graft vs. Host

aao.org/publications/eyenet/200810/pearls.cfm

Corneal Cross-Linking

National Keratoconus Foundation

nkcf.org/corneal-cross-linking-are-you-a-good-candidate/

These lists are not all-inclusive. Check local retailers for more availability.



This guide is for instructional purposes only. Please follow all guidelines set by prescribing doctor and arrange an appointment with any additional questions or concerns.

Originally created by Dr. Roya Habibi