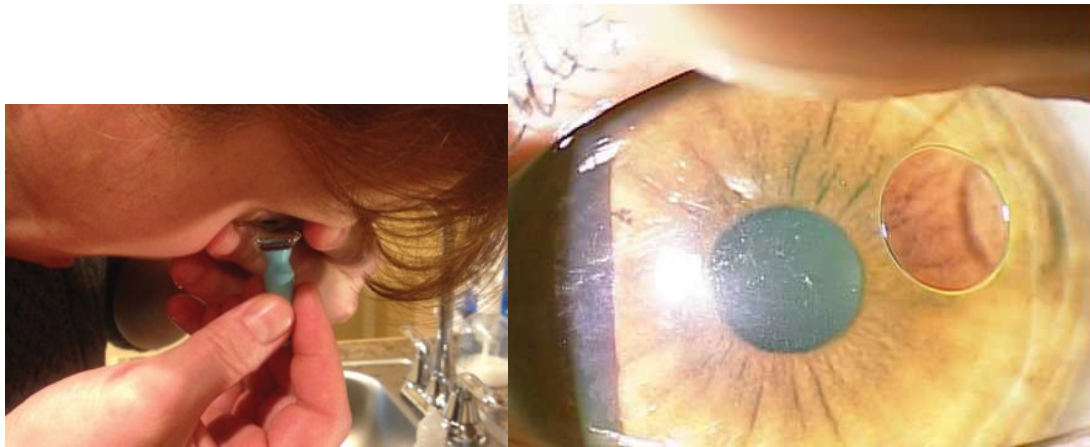


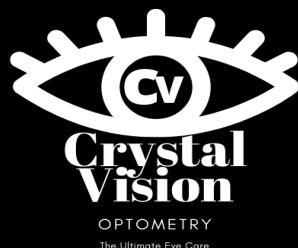
## Scleral lens instructions

### Insertion:

Remove lenses from lens case. Rinse VERY WELL with preservative free saline solution. Place lens on large plunger (or other device). Fill the lens with NON-PRESERVED saline solution (pink vials, ScleralFil, or Lacripure vials). Tuck your chin into your neck so your eyes are facing down toward a counter. Using your other hand, make sure to control your eyelids so they don't blink. Place the lens directly on your eye. When you feel the cool liquid, this means the lens is close to your eye, but keep pushing! Let go of your eyelids before removing the insertion device. If there is a large bubble, remove and re-insert the lens.



Removal: Instill 1-2 drops of saline solution or artificial tears into your eye. With your eyes closed, gently massage the edges of the lens with your finger to loosen the scleral lens. Place a small drop of saline solution onto the small plunger. Place the plunger towards the edge of the lens (usually near the bottom of the lens). Never place the plunger in the center of the lens, because it will be difficult to remove. Make sure the plunger makes contact with the contact lens completely (do not have half of the plunger on the edge of the lens and half of it on the white part of the eye). The plunger should now be fully attached to the lens. Pull down and out at an angle to remove the lens (you can twist the plunger as you pull down and out for easier removal). Alternatively, you can use your upper and lower eyelids to get underneath the lens and pop it out (this only works with small scleral lenses).



## Lens Care:

- Multipurpose solution (like Boston Simplus or Unique pH): Place the lens in the palm of your hand and squirt 3-5 drops of solution directly onto the lens. Gently rub the lens to clear any deposits. Then, place the lens into the lens case. Fill the lens case with solution, making sure that the solution covers the entire lens to ensure appropriate disinfection. In the morning, you may place the lens in the palm of your hand and rub gently again with solution to remove other deposits.
- Hydrogen Peroxide (like Clear Care) : Place the lenses directly into the lens basket (labeled right and left). Rinse each side of the basket for 5 seconds with the hydrogen peroxide. Fill the case to the line demarcation with hydrogen peroxide solution. Let soak overnight. In the morning, rinse the lens with non-preserved saline. Place the lens on the plunger, then fill with non-preserved saline and insert into eye. Never put hydrogen peroxide directly into your eye or rinse the contact lens – it will burn!

After inserting the lens, make sure to dump out the old solution. Rinse the lens case and lids with multipurpose solution and allow the lens case to air dry. Replace the lens case every 3 months.

## Other tips:

- Put lenses in BEFORE applying makeup and remove lenses BEFORE removing makeup.
- Clean your plunger each day with rubbing alcohol and allow to air dry
- If your lens has stubborn deposits, you can purchase a special cleaning solution called Progent. Log onto [store.meniconamerica.com/patient](http://store.meniconamerica.com/patient). Under First Time Patient Registration, enter your email and the starter code: 006-638-W. You can deep clean your lenses every other week if necessary.
- If your eyes are red, painful, or sensitive to light, remove lenses right away and call our office.



