Caring for your Scleral lenses

A guide to applying, removing and cleaning your scleral contact lenses, With regular use you may develop your own preferred method of applying and removing your contact lenses but this is the method we usually teach as a starting point.

Wearing schedule

Day 1:

2 hours adding on _____ hours to
a maximum wearing time of _____ hours.

Solution:

_____

Extra instructions:

_____

Next appointment:

_____

If you need any further help please contact the practice or see our website for more information.

Contact us

Cameron Optometry
5 St Vincent Street
Edinburgh
EH3 6SW

0131 225 2235

mail@cameronoptom.com

CAMERON
OPTOMETRY
EDINBURGH

Caring for your Scleral contact lenses

Applying your Scleral lenses

- Remove your lens from the case using the pad of your finger.
- Examine your lens to ensure it is clean and undamaged.
- Place your lens between tips of your index and middle fingers then fill with saline solution. Or you can 'tripod' together your thumb, first and middle fingers, the lens should balance easily. Fill the lens bowl to the top with fresh saline solution.
- Use one hand to hold your upper eyelid and the other to hold your lower eyelid in place.
- Keep both eyes open and tilt your head forward so you are looking down onto your mirror or flat surface and your head is flat over the surface.
- Gently place the lens onto the coloured part of your eye, and then release first your lower then upper eyelids.

Removing your Scleral lenses

There are two common methods for lens removal.

Method 1: Manual removal

- Place your index or middle finger tight against your right upper eyelid, pinning back the lashes.
- Place your other index or middle finger tight against the edge of your lower eyelid
- Next you have two options. Either pull your eyelids away from your nose, keeping your eyelids tight against your eye. Or push your eyelids towards each other, keeping the eyelids tight against your eye. Both options will easily pop the lens out.

Method 2: Using the lens sucker

- Wet the contact lens sucker using saline or contact lens conditioning solution (not cleaning solution).
- Hold your eyelids as wide apart as you can. Gently place the sucker on the centre of the lens. Press gently to make sure it sticks to the lens.
- When the sucker sticks to the lens, gently pull the sucker away from the eye and the lens will be removed.

Cleaning and storing

After removing your lenses, clean them immediately to remove mucus, protein and debris that may have built up on the surface during the day.

- Place the lens in your palm and apply a few drops of a cleaning solution recommended by your optometrist. Gently rub the lens in a circular motion with your ring finger, not rubbing the lens too hard.
- Rinse the cleaner off with an approved lens rinsing solution.
- Fill your case with fresh storing solution. Always use fresh solution each time you clean and store your lenses.
- After use, rub the inside of your case with clean fingers, rinse with fresh disinfecting solution and allow to air dry naturally.
- Replace your storage case whenever you open a fresh bottle of solution.

Remember

- Always wash and dry your hands thoroughly before handling your lenses. Avoid using soaps that are strongly perfumed or contain moisturisers.
- Do not sleep in your lenses unless advised by your optometrist.
- Do not use tap water or saliva to rinse your lenses or case.
- Use fresh solution each time you clean and store your lenses.
- Do not swim or shower in your lenses without seeking the advice of your optometrist.
- Avoid lens mix-ups. Always start with the same contact lens when you apply, remove and clean your lenses.
- If your eyes become red and/or painful at any time, please seek the advice of your optometrist.