



## IMPORTANT



Always wash hands prior to handling lenses.



**DO NOT** sleep with your scleral lenses in.



NEVER use tap water to rinse or clean or store your lenses.



Recommended cleaning solutions are Clear Care & Boston Simplus. ClearCare is best for daily use and Boston Simplus is for travel or for immediate disinfection prior to insertion.



Only use approved preservative-free saline to fill the bowl of the lens during insertion, such as Lacri-Pure, Scleralfil, or Addipak.



On the first day of wear, limit wear time to a maximum of 4 hours. Add 1-2 hours of wear per day, based on comfort level.



Successful wear with Scleral lenses is generally 10+ hours of wear, with most patients removing them between the 12-14 hour mark.



Redness may occur early on in Scleral lens wear, but should be mild and temporary.



Light sensitivity, decreased vision, prolonged redness, pain, or discomfort can all be signs that something is wrong. If you experience these symptoms, remove your lenses and call us.

## LENS INSERTION

**1** After washing hands, remove lens from case by gently handling the outside edge of the lens (see photo below) and rinse with saline. Empty your Clear Care Case and let air dry.

**2** With the lens on the insertion plunger, overfill the lens bowl with preservative free saline until a meniscus forms.

**3** With your face down, chin tucked to your chest, spread your eyelids either with the thumb and index finger of one hand (Hold A) or with middle and ring fingers from each hand (Hold B).

**4**

Look straight down and slowly insert lens. When inserting, you will feel the saline solution touch your eye BEFORE the lens does. Continue to push further until the lens seats itself on your eye.

**5**

Once inserted, check for air bubbles in a mirror and by assessing vision. If a bubble is present, remove and try again.



Proper Lens Handling



Hold A



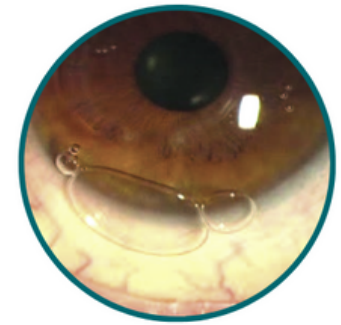
Hold B



Saline touches eye first



Lens seating on eye



Air bubbles

# LENS REMOVAL

- 1 After washing hands, position your mirror upright on a clean work surface.
- 2 Look straight ahead into the mirror or slightly above horizontal.
- 3 Use your dominant hand to hold the plunger with thumb and index finger.
- 4 Use either 'Hold A' or 'Hold B' (see photos on reverse side of this guide) to hold your eyelids.
- 5 Gently touch the plunger to the surface of the lens on the LOWER THIRD of the lens. Do Not put plunger in the middle of the lens.
- 6 Gently pull the plunger away in an outward and slightly upward position. You may hear a mild popping sound and feel saline run down your cheek as the lens releases.
- 7 To remove lens from plunger, hold edge of lens and gently twist the plunger, sliding it off the edge of the lens.



Lid Hold



Lower Third



Pull Out and Up

## removal tips

Other methods of scleral lens removal can be used, especially if you do not have a plunger available to you. Use your phone's camera and point it at the QR code below. This will take you to our website where we provide additional videos and links to aid in Insertion and Removal of Scleral Lenses.

## CLEANING WITH CLEAR CARE

- 1 Wash your hands thoroughly with soap & water.
- 2 Place lens in the palm of your hand and place one drop of Clear Care hydrogen peroxide lens cleaner on the outside surface and rub for at least 15 seconds. Place another drop on the inside surface and repeat.
- 3 Separate the basket and place the lens, bowl side up, into the basket. Keeping the basket horizontal, bring the basket assembly DOWN onto the basket. BE CAREFUL not to shut the basket onto the lens edge, as this can cause breakage.
- 4 Fill the Clear Care case with solution to the fill line. Insert basket. Basket must sit UPRIGHT for at least 6 hours before becoming sterile. Never reuse solution.

**DO NOT put Clear Care in your eye or use it to rinse your lens immediately before insertion.**



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## CLEANING WITH BOSTON

- 1 Wash your hands thoroughly with soap and water.
- 2 Place lens in the palm of your hand and place one drop of Boston Simplus on the outside surface and rub for at least 15 seconds. Place another drop on the inside surface & repeat.
- 3 Fill a regular lens case (not a Clear Care case) full of Boston Simplus and submerge lens in the case. The lens is now disinfected and ready to use when needed. Never reuse contact lens solution.



Clear Care  
Daily Cleaning



Boston Simplus  
Quick Cleaning



Saline  
Rinsing



LacriPure  
Filling Lens Bowl