

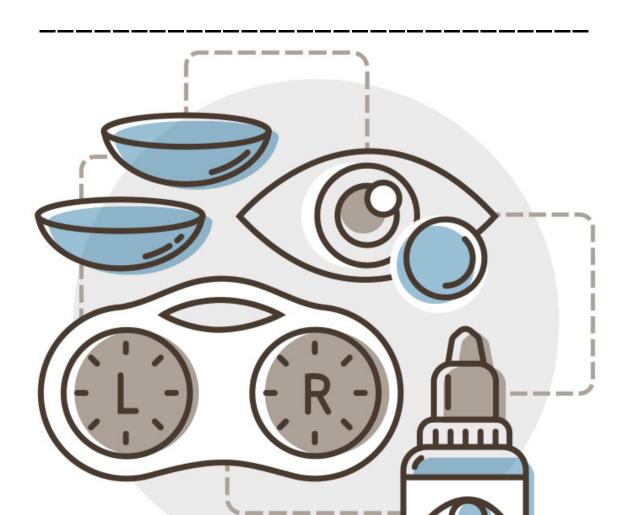


Scleral Lens Care & Maintenance Guide

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Your Eyecare Specialist is:



Greetings from Dr. Pink Sidhu & Associates and Weston Eyecare

Thank you for entrusting Dr. Pink Sidhu & Associates and Weston Eyecare for your specialty contact lens journey. We are committed to achieving the best possible vision and comfort for our patients.

Our doctors and technicians have the experience and expertise to improve your vision and quality of life with properly fitted custom hard contact lenses. We take immense pride in having transformed the vision of many patients over the years and look forward to doing the same for you. This guide contains the necessary information that would help you with the care and succeed on your scleral lens journey.

Once again, Dr. Pink Sidhu & Associates and Weston Eyecare thanks and welcomes you to our growing family of satisfied and happy patients.

Thank you, Doctors & Staff at Dr. Pink Sidhu & Associates and Weston Eyecare



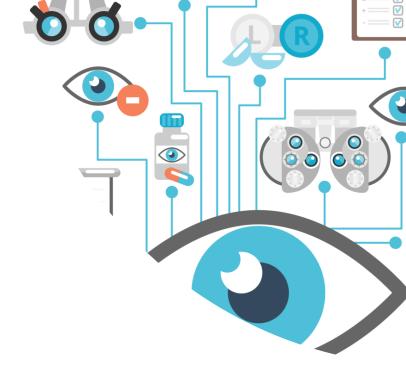
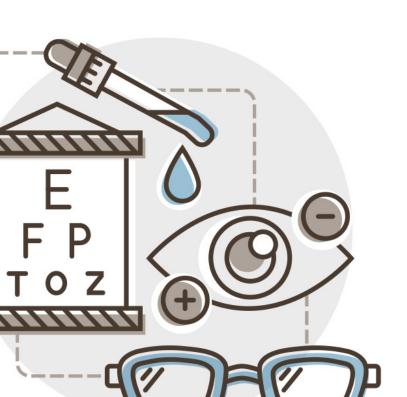


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Care & Maintenance

Scleral contact lenses are recognized as a safe form of vision correction. However, incorrect care of scleral contact lenses and solutions can increase the risk of eye infections.

Risk factors for acquiring an eye infection include improper lens cleaning and disinfection, and poor hygiene practices. Following your practitioner's hygiene regime, along with regular reviews, will minimize the risk.

Before handling, removing or inserting your lenses:

 Always thoroughly wash your hands with an antibacterial based hand wash and dry them with clean towel before handling, removing, or inserting your lens. Make sure to wash all parts of your hands including between the fingers and fingernails and dry thoroughly.



- Sit at a table or desk and place a lint-free cloth down to insert and remove lenses. Avoid bathrooms as they often contain more germs than any other room in the home.
- Always lubricate your eyes BEFORE lens removal and BEFORE insertion with preservative-free lubricating eye drops
- Inspect your lenses for deposits and defects such as chips or cracks. If you notice any defects, inform your eye care specialist immediately
- If you misplace or break a lens, contact your practitioner immediately



Cleaning

STEP 1:

Thoroughly wash your hands with an antibacterial based hand wash and dry them thoroughly with clean towel



STEP 2:

Hold the lens in the palm of your hand and pour 2-3 drops of Boston Simplus Solution into the bowl of the lens

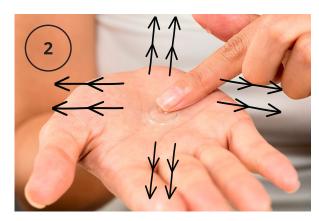


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STEP 3:

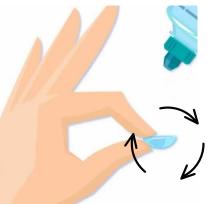
Gently rub the lens with the solution clock wise and then counter clockwise to clean the outer surface. Next, sweep the finger from in to out in circular motion start at 12 o'clock and work your way around. Do this step for about 20-30 seconds depending on the amount of deposits or debris





STEP 4:

Hold the lens between your thumb and index finger and rinse back and forth 5-7 times with preservative free (Lacipure) solution to remove cleaning solution from the lens. You are ready to store or wear your lens once done



Remember!

Your lenses should NEVER come in contact with tap water. Tap water contains microorganisms like Acanthamoeba that can cause sight-threatening eye infections.



Insertion

STEP 1:

Thoroughly wash your hands with an antibacterial based hand wash and dry them thoroughly with clean towel. Next, lubricate your eyes with preservative free lubricating eye drops.



STEP 2:

Remove your scleral lens from the storing solution case and rinse with saline (Lacipure)



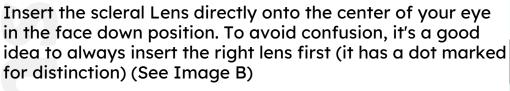
STEP 3:

Either place the scleral lens between the middle, forefinger and thumb (known as the tripod method) or secure your lens to a suction tool. (See image on right side)



STEP 4:

Half fill the bowl of the lens with a preservative-free saline solution to prevent air bubbles between your eye and the lens (See Image A)



If you happen to drop your lens, use saline solution to rinse. Place the lens in the palm of your hand and thoroughly rinse for five seconds and reinsert the lens



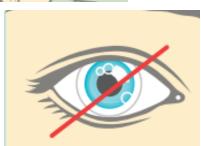
Image B

Image

STEP 5:

Blink. Blot excess solution. Make sure that the lens is centered and comfortable. Air bubbles can cause discomfort, poor vision, and unusual glare. If any air bubbles are present, remove and re-insert the lens. (Repeat Steps 3-5)





STEP 6:

Dry and wipe out your lens case with a paper towel. Leave the case lid off to air dry

Remember!

Normal occurrences on insertion: During the first few weeks of wear, it is not unusual to have lens fogging due to an accumulation of lipid and mucus behind the lens. The lens fogging will improve over time. If a lens becomes foggy during the day, remove the scleral lens, rinse with saline and re-insert back into the eye. Mix preservative free lubricating eye drops with saline insertion solution to help reduce persistent fogging. Inform your eye care specialist if the fogging does not improve over time.

Abnormal occurrences on insertion:

If on insertion you experience stinging, burning or slight pain, remove the lens, rinse and

re-insert. If the problem persists, remove the lens and see your eye care specialist.

Removal

STEP 1:

Thoroughly wash your hands with an antibacterial based hand wash and dry them thoroughly with clean towel.

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STEP 2:

Insert 1-2 drops of preservative-free lubricating eye drops to help loosen the lens



STEP 3:

METHOD 1: Suction Tool

- While looking in the mirror in front of you, hold open your bottom lid. Wet the tip of suction tool to allow for better adhesion and attach the suction tip to the bottom third of the lens
- Using the suction tools, remove the lens by tilting the lens up and out of the eye.



METHOD 2: Manual Removal

- To begin, look down onto a flat surface (a mirror or towel to be placed here)
- using your middle fingers, open the eyelids wider than the lens diameter.
- Apply pressure to the middle of the lid margins (as close to the lashes as you can - you do not want to show any of the red inside surface of our lids), pushing in and together to move your lids under the lens and lever it out of the eye.





STEP 4:

Store your lenses in the non-preservative saline solution as directed by your eye care specialist.



Storage

STEP 1:

Make sure you lens case with completely dry. If not, dry and wipe out your lens case with a paper towel.



STEP 2:

Once you have taken out the lens from your eye, store in the preservative free saline solution recommended by your eyecare specialist. Fill in the lens case to make sure the lens remains hydrated while it is in the case and close the case once done



Risk of Breakage

Scleral lenses are made of a strong polymer which resists damage in normal wearing circumstances. It is very rare for a lens to break in your eye unless something hits your eye or your removal technique is incorrect/very forceful. The solutions you use to clean your lenses will not weaken or degrade them. However, they can still break if mishandled.

There are some tricks you can learn to minimize this chance. Habits that may cause a lens to break include:

- Pressure on the lens. If the lens lands on a mirror or flat surface. Gently slide it off to the edge of the surface or use a suction tool to remove it from the surface.
- Pulling the lens too firmly from the suction tool. Slide the lens off the suction point instead.
- Forcing the lens to bend excessively while cleaning. Some friction force is required to clean a scleral lens using your cleaning solution, but not too much. The resistance from your skin surface will be sufficient to clean the lens. If too much force is applied on both sides of a scleral lens, the lens will flex and eventually snap.



Things to Remember

 Make sure you attend all your follow-up appointments - these will allow your eye care specialist to ensure your scleral lens is performing as well as possible



- Initially it is best to increase your wearing time gradually. Start with four hours on the first day and then add two hours each day after that
- We understand that when you are learning how to use your lenses you may be inadvertently forceful during insertion, removal or cleaning. Because of this we offer a 1 month manufacturer's replacement warranty on accidental breakages from the date of initial dispense. Outside of this period, your lens is not covered by a warranty and the lens will need to be replaced at your cost if damaged or lost. If you do lose or damage a lens, please don't panic, just give our friendly team a call and we will arrange a replacement as quickly as we can.
- Normally a lens will take 12 business days to arrive from the lab when ordered. If you are very dependent on the lens, we will of course ask our lens company to manufacture it as soon as possible (Additional charges applicable for rush order requests). Because of the inevitable waiting time, we encourage all scleral lens wearers to have a spare set of lenses available for a situation where a lens is lost or broken.
- Do not modify the recommended cleaning routine or solutions without consulting your eyecare specialist. Other solutions may not be compatible with your eyes and lens may cause discomfort or allergic reactions.
- Shortcuts with cleaning solutions appear to save money but may ineffectively clean and disinfect the lens or lead to eye infection which can result in losing vision
- Never clean or store your scleral lens with soft contact lens solutions. These products
 work in different way to the rigid lens solutions and will not clean and condition your
 scleral lens.
- Replace your lens case every time you start a new bottle of lens cleaner to avoid microbial combination and loss of effectivity
- To avoid contamination, do not touch the tips of solution bottles. Replace cap after use
- If you are experiencing a medical eye emergency or concerns after hours, consult your local hospital or emergency eye clinic







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