

# Caring for Scleral Contact Lenses



## Getting Started



Always have clean hands when handling your contact lenses



Adhere to recommended wear schedules, solutions and drops



Inspect the lenses to make sure they are clean and free of nicks and tears



Always start with the same eye to avoid mixing up lenses



Avoid soaps with moistureizers and perfumes



A mirror and a clean microfiber or lint free towel can be helpful

## Applying Lenses



Rinse lens with insertion preservative free Saline solution



Set the lens on the center of the plunger



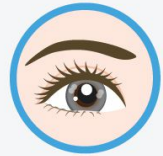
Fill the lens with insertion solution forming a convex shape. Don't let it overflow



Bend over and look straight down. While holding your eyelids wide open, set the lens on the center of your eye



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 bubble are present, reapply

## Removing Retainers



Insert 1-2 drops of rewetting drops to help loosen the lens



Wet the plunger with 1-2 drops of saline solution



Gently attach the plunger to the edge (NOT the center of the lens)



Gently tilt up and out on the lens and carefully remove it from your eye