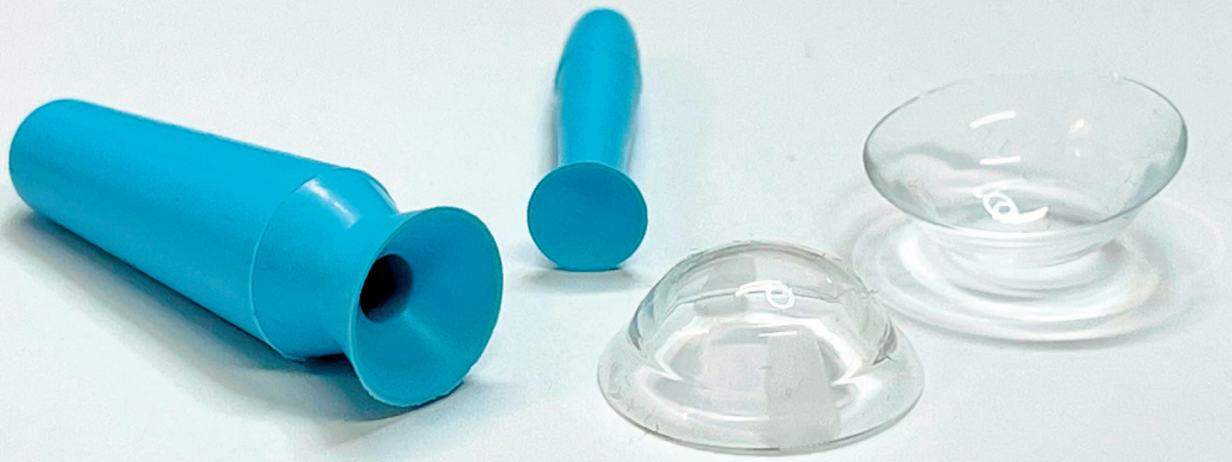




GUIDE TO APPLYING AND REMOVING YOUR SCLERAL LENSES



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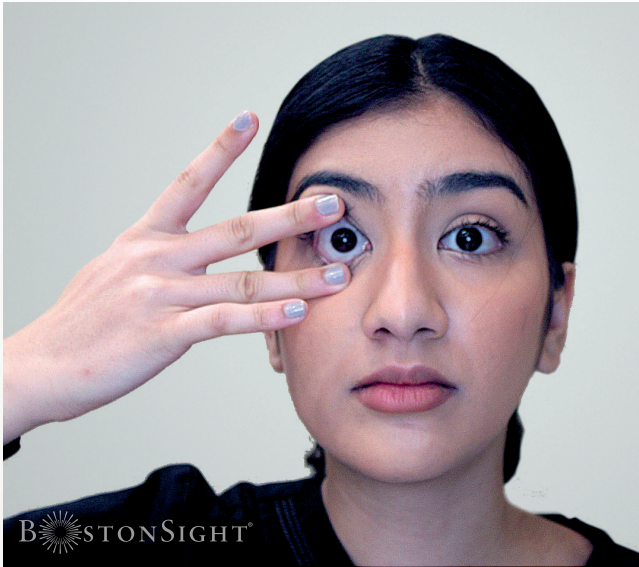
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OPTIMUM
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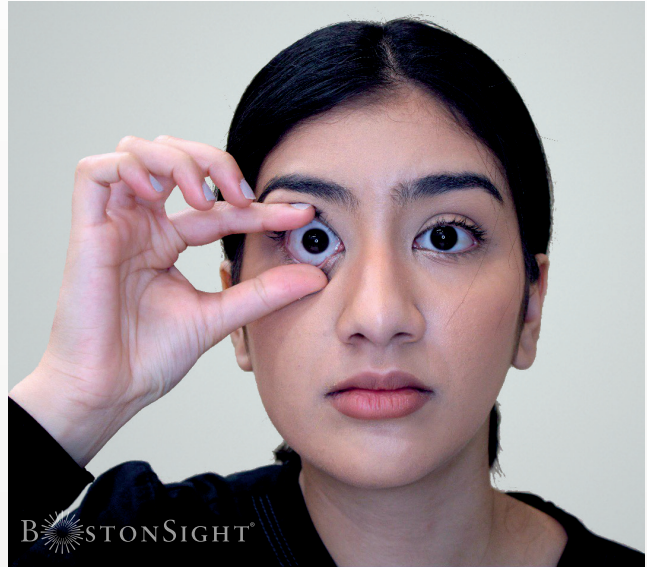
LID SPREADS

There are several lid spread options, and you will need to find the one that works best for you. Regardless of which lid spread you choose, be sure to hold the eyelids where the lashes meet the lids, centering your fingers on the lids to form a round opening with plenty of clearance for the lens.

Scissors Spread



C-Spread



2-Handed Lid Spread



TOOLS

CARING FOR YOUR TOOLS

Always clean plungers with warm soapy water and let them air dry. Replace your plungers every 3 months.

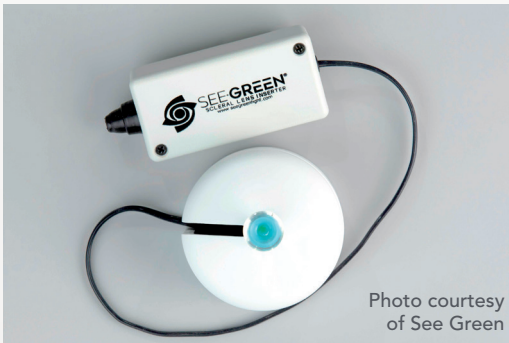
Application Plunger



Removal Plunger



Plunger Light and Stand



Saline



APPLICATION AND REMOVAL VIDEOS

Visit our website to view videos with step-by-step instructions to apply and remove your lenses and for additional resources.

Go to www.bostonsightscleral.org/patient-resources

For questions, patients should always check with their scleral lens eye care provider.

APPLYING YOUR LENS

Always thoroughly wash your hands with non-moisturizing soap and dry them completely with a lint-free towel before you begin.

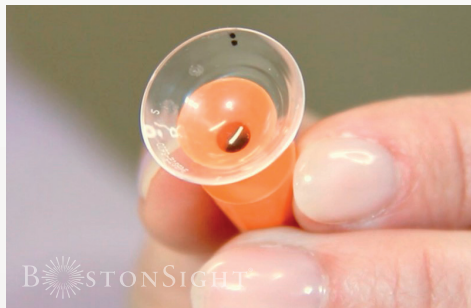
Gather your supplies:

- A soft towel for the work surface
- A mirror
- Tissues
- An application plunger
- A removal plunger, in the event you need to remove the lens and reapply
- Preservative-free saline

Use only freshly opened preservative-free saline that has been opened for less than 48 hours. Marking the bottle of saline with the date it is opened will help remind you when it's time to throw it away.

One dot represents the right lens, and two dots represent the left. If one or two dots are present, orient the lens so that the dots will be applied in the 12 o'clock position on your eye.

LEFT



RIGHT



APPLY YOUR LENS WITH A PLUNGER

- 1 Hold the clean and disinfected lens gently by the edges.
- 2 Squeeze the application plunger at the line and place the lens on the cup; then release the 'squeeze.'



APPLYING YOUR LENS (CONTINUED)

- 3 Holding the plunger vertically, overfill the lens with preservative-free saline. To prevent bubbles, let the solution drip, not stream into the lens.
- 4 Choose your lid spread (see page 1). Hold the eyelids where the lashes meet the lids, centering your fingers on the lids to form a round opening with plenty of clearance for the lens.
- 5 Tuck your chin to your chest and look straight down. Your forehead should be even with your chin and your face parallel to the table.
- 6 Center the lens within your lid opening and focus on the black hole (or light if using a lighted plunger) in the center of the plunger. Continue to stare at the black hole or light in the plunger as if you are looking through it.
- 7 As you approach your eye, you will feel the coolness of the fluid. Press the lens onto your eye with firm pressure.
- 8 Capture the lens with your eyelids by releasing the lids.



APPLY YOUR LENS WITHOUT A PLUNGER

- 1 Position your thumb and first two fingers into a tripod.
- 2 Hold the lens gently by the edges and set it on top of the tripod.
- 3 Follow steps 3-8 above.

Once the lens is applied, check the lens in the mirror by shining a light onto the surface to look for bubbles. If you detect bubbles, the lens MUST be removed and reapplied.



REMOVING YOUR LENS

Always thoroughly wash your hands with non-moisturizing soap and dry them completely with a lint-free towel before you begin.

Gather your supplies:

- A soft towel for the work surface
- A mirror
- Tissues
- A standard contact lens case
- A removal plunger
- Preservative-free saline

REMOVE YOUR LENS WITH A PLUNGER

- 1 Position the mirror upright on your work surface.
- 2 Lubricate your eye thoroughly with several drops of preservative-free saline.
- 3 Wet the removal plunger with saline.
- 4 Look straight ahead into the mirror.
- 5 Choose your lid spread (see page 1).
- 6 Hold the plunger at a 45-degree angle, aimed at the 6 o'clock position on the lens where the color portion of your eye meets the white.
- 7 Press the plunger firmly, but gently, against the lens to create suction. If the plunger is pressed too close to the center of the lens—right over your pupil—it may not be possible to break suction and remove it.
- 8 Pull the lens slowly in an arc-down-and-out manner.
- 9 Maintain your lid spread until the lens is out of your eye.
- 10 Remove the lens from the plunger by twisting the plunger toward the edge of the lens.
- 11 Gently place the lens in your contact lens case.



REMOVING YOUR LENS (CONTINUED)

REMOVE YOUR LENS WITHOUT A PLUNGER

- 1 Position the mirror upright on your work surface.
- 2 Lubricate your eye thoroughly with several drops of preservative-free saline.
- 3 Press the tip of your index finger on the very edge of your upper lid at the 12 o'clock position and gently push it into your eye just above the top edge of the lens.
- 4 Block the lens from moving down by pressing the tip of the index finger of your other hand on the very edge of your lower lid just below the bottom edge of the lens.
- 5 Now look upward until you feel the lens being blocked by pressure on the upper lid.
- 6 Blink to remove the lens.
Ideally, the lens will come off slowly allowing you to "scoop" the upper edge of the lens off your eye.
- 7 However, the lens may release quickly. Make sure you are over the work surface so that the soft towel provides a safe landing spot for the lens.



BostonSight
464 Hillside Avenue, Suite 205, Needham, MA 02494
bostonsightscleral.org • 888-SCLERAL (888-725-3725)