

HEALTHY LENS HABITS GUIDE



BOSTONSIGHT[®]
SCLERAL

OPTIMUM
Contamac

Congratulations on your BostonSight SCLERAL[®] lenses!

To ensure success with your scleral lenses, follow these recommended tips for care and to keep your lenses working for you for a long time.

Access the BostonSight SCLERAL Patient Information Booklet via the QR code below.



BostonSight

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

HANDLING YOUR LENSES

- 1 Wash your hands thoroughly with soap and water.



- 2 **NEVER** use tap water to rinse or clean your lenses or your lens case. Tap water can harbor microorganisms and bacteria that can cause severe and difficult to treat infections.



My Recommended Cleaning Solution: _____

REMOVAL

- 1 Wash your hands thoroughly with soap and water.



- 2 After removing lens from eye, rub each side with recommended cleaning solution to remove protein, oil, make-up, and/or other build-up.



- 3 Using a clean case, disinfect lenses overnight in hydrogen peroxide or in your recommended disinfecting solution.

My Recommended Disinfecting Solution: _____

- 3 Use the solutions recommended by your doctor. Do not change the solutions without discussing with your doctor.

- 4 If you have a spare pair, store dry* and in a case until needed. Before using, clean your lenses with your recommended cleaning solution and store overnight using recommended disinfecting solution prior to application.



*Lenses with Tangible[®] Hydra-PEG[®] coating must be stored wet.

- 1 Wash your hands thoroughly with soap and water.



- 2 Remove lens from case and rinse with your saline.



- 3 Fill Lens with a **PRESERVATIVE-FREE** solution prior to application.

My Recommended Preservative-Free Solution: _____

CLEANING YOUR CASE

- 1 Completely empty the solution in the lens case every day. **NEVER** attempt to reuse solution.



- 2 Rinse the case with your disinfecting solution and let it air dry completely.



NEVER use tap water to clean your case. Keep it uncapped and place it upside down on a clean paper towel. We recommend replacing your case every 3 months.

- * Before using any type of eye drop (medication or artificial tear), ask your doctor if your lenses need to be removed.



- * Always recap your solutions after use.



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

