Management of Ocular Prosthetic Device (Scleral): Use and Care

Locations:

Merrillville
70 E. 68th Place
Merrillville, IN 46410

Gary
701 W. 5th Ave
Gary, IN 46402

Glen Park
3733 Broadway
Gary, IN 46409

Griffith
339 N. Broad St
Griffith, IN 46319

Highland
2940 Highway Ave
Highland, IN 46322

Crown Point
1861 E. Summit St
Crown Point, IN 46307

Lowell
117 Deanna Drive
Lowell, IN 46356

Hebron
630 N. Front Street
Hebron, IN 46341

Our team of doctors is ready to help you!
Dr. Robert Moses, Dr. Roger Liggett, Dr. Justin Kuscera, Dr. Rob Moses
Dr. Virginia Bonilla, Dr. Jennifer Johnson, Dr. Jennifer Kohn, Dr. Nicole Albright

If you have any questions or concerns, please contact us at (219) 736-2020
SCLERAL CONTACT LENS CARE

Products and websites that may be useful:
1. To purchase devices to help with insertion/removal: www.sclerallensassociates.com/products/
2. How-to insertion video: www.sclerallens.org/how-use-scleral-lenses

Insertion:
1. Wash your hands thoroughly with non-moisturizing soap and water. Dry hands and avoid picking up anything that may have lint on it prior to handling to your lenses. Insert lenses while sitting.

2. Mount the lens on the scleral ring (EZI lens applicator), plunger with the hole in the center, or use the tri-pod method with your fingers.

3. Over-fill the lens with non-preserved saline solution. Options below:

4. Tilt your head so it is parallel to the floor and keep the plunger it is vertical. The lens must keep the sterile saline in it to avoid bubbles.

5. While keeping your lids widely spread, centrally apply the lens directly on the cornea so the solution remains in the lens. If using the plunger, squeeze it to release the lens from the plunger.

6. If bubbles are present, the lens will have to be re-inserted.
Removal with a plunger:
1. Lubricate your eye with a preservative-free artificial tear or sterile saline.

2. Wet the removal plunger (the one without the hole in the middle), gently press it between the outer edge of the lens and pupil. Upon removal, the plunger should be at the outer edge of the lens (not in the center).

3. Peel the lens off by rotating in an arcuate motion toward the nose. When the lens has broken suction, you can pull the lens away.

4. Do NOT remove the lens by putting the plunger in the middle and pulling straight out!

Removal without a plunger:

1. Wash your hands thoroughly with water and a non-moisturizing soap and dry.
2. Press the tip of the index finger on the very edge of the upper lid at the 12 o’clock position and gently push it into your eye just above the top edge of the lens.
3. Block the lens from moving down by pressing the tip of your index finger of your other hand on the very edge of your lower lid just below the bottom edge of the lens.
4. Look upward until you feel the lens being blocked by pressure on the upper lid margin.
5. Scoop the upper edge of the lens off the eye with the upper lid margin, look up further and blink slowly to remove the lens.
Lens care Instructions:

1. Solution options:

2. Gently rub the lens between thumb and forefinger (unless lens is plasma treated and doctor has advised against this) with a few drops of a GP cleaner. Follow instructions for lens cleaning on box of solution.

3. If you have blurred vision after a few hours of wear, it could be due to deposits on the lens. Remove the lens, clean it, and reinsert with fresh saline. If this does not help to clear the lenses, you can use an enzymatic cleaner above (follow instructions on the box for frequency).

Wearing Schedule:
Wear 1-4 hours the first day. Increase by 1 hour daily until 12-14 hours a day is reached. Do not exceed unless your doctor has approved this.

Next Appointment:
Return in 1-2 weeks for a contact lens check. It is very important for you to return for this appointment so that the fitting process can be complete. Your lens should be in for at least 4 hours prior to coming to the appointment.

Other:
1. Do not sleep with contacts.
2. Wash hands with lotion-free soap prior to handling contacts.
3. Replace case every 3 months
4. Always use fresh solution - never re-use solution.

In the beginning it is normal if:
1. Your eyes itch or feel funny
2. You are more aware of one lens more than the other
3. You have better vision in one eye than the other
4. You have trouble handling your lenses

Remove your lenses IMMEDIATELY if:
1. You develop unusual pain or redness
2. You develop unusual foggy or cloudy vision
3. You experience a decrease in vision that does not clear up
4. You suspect something is wrong

If you have any questions regarding contact lenses, think that you may be experiencing symptoms related to contact lens overwear, or experiencing other problems, please contact Moses Eyecare at (219) 736-2020.