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

**Winfield**
10751 Randolph Street
Crown Point, IN  46307

**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
Not pictured: Dr. Ashley Vukelich, Dr. Sara Cubenas

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. Fill the lens with non-preserved saline solution.
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 & plunger 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 solutions and cleaning process:

1. Solutions:

- Clean nightly with Clear Care
  - Follow package insert for instructions
  - Do not put directly into eye or use as a rinse for the contacts

- Use Boston if you need to clean during the day; can use 1-2x/week to condition the lens

- Use Biotrue to rinse your lenses in the morning prior to insertion to prevent deposits
Use a Preservative-Free saline (Addipak, PuriLens Plus or Refresh Celluvisc) to fill the contact lens before placing on your eye.

2. Cleaning process:
   a. Nightly: Clear Care
   b. If you need to spot clean during the day: Boston (Do not put the Boston Advance with the red cap directly into the eye. It is an abrasive cleaner and will cause a chemical burn. Rinse the lens off prior to inserting into the eye).
   c. In the morning, remove lenses from the cleaning agent, rinse with Biotrue, fill with non-preserved saline (Addipak, PuriLens Plus, or Refresh Celluvisc) and insert into the eye.

3. Blurred vision? Remove the lens, clean it, and reinsert with fresh saline. If this does not help to clear the lenses, ask your doctor about an enzymatic cleaner.

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 2 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 over-wear, or experiencing other problems, please contact Moses Eyecare at (219) 736-2020.