



Application/Removal and Care of Scleral Lenses

To apply the lens:

Place the lens either on a bulbed plunger or on a "tripod" formed with your thumb and first two fingers.

Fill the bowl of the lens with fluid, if advised to do so by your eye care provider.

Holding eyelids open widely, apply the lens to the surface of the eye.

To remove the lens:

If using a plunger, attach the plunger to the edge of the lens and tilt the lens off the eye.

If not using a plunger, look down. Manipulate the upper lid to "break the seal" at the upper edge of the lens, and "fold" the lens off the surface of the eye.

Troubleshooting tips and tricks:

If you're using a solid lens (without holes or fenestrations) and are unable to maintain fluid in the bowl of the lens as you bring it towards your eye, make sure that your face is fully parallel to the floor. It may seem like you are nearly standing on your head when you're in the correct position to apply the lens.

Lid control is essential; use one hand to hold lids completely out of the way, and don't release the lids until the lens is actually fully in place and the plunger (or your finger tripod) has been removed.

If you are unable to successfully apply a solid lens with saline, you could practice applying the lens after filling the bowl of the lens with Celluvisc™ or another non-preserved viscous lubricant. These viscous lubricants will blur your vision compared to saline, however, so you may simply want to use them to practice lens application. Once you've mastered this step, you may want to switch to saline to give you better vision.

If you are using a bulbed plunger, and can see the opening in the center of the suction cup, look directly at the hole as you bring the lens into position. This will help you to position the lens correctly.

Try to keep both eyes open as you apply your lenses. This may also help you to position the lenses correctly.

Insertion

- Fill the bowl with fluid
 - Preservative free saline recommended
- Insert lens with face down so fluid will stay in the bowl



Removal

- Most people will remove lens with a suction cup.
 - Place suction cup on inferior 1/3 of lens.
 - Break suction of lens with index finger
 - Lift up and out with the suction cupl

