

## **Application / Removal and Care of Scleral Contact Lenses**

### **To apply the lenses:**

- Rinse the lens well with Unisol 4 preservative-free saline, or tap water to remove all traces of the disinfectant. Boston Simplus solution may make the vision cloudy and Ciba Clear Care may burn with application.
- Place the lens, bowl side up, on the **large** plunger supplied with your lenses.
- Fill the bowl of the lens completely with Unisol 4 preservative-free saline.
- Lean forward with your face parallel to the floor. Hold both lids open wide and apply the lens to the surface of the eye. Look at the hole in the plunger while guiding the lens on the eye to keep it centered.
- If an air bubble gets under the lens, you will not be able to see through it very well and will have to remove and reapply it.

### **To remove the lens:**

- Use the **small** plunger, supplied with your lenses, and attach it to the edge of the lens at the 6 o'clock position. (Near the bottom)
- Tilt the lens off the eye. You may have to gently push on the eye or eyelid next to the lens to break the seal.

### **Lens Care and cleaning:**

- Daily cleaning. After removing your lens, place it in the palm of your hand and add several drops of Optimum Extra Strength Cleaner by Lobob on the surface. Gently rub both sides of the lens for 20 – 30 seconds.
- Rinse the lens well with Unisol 4 preservative-free saline, or tap water. Remove all traces of the cleaner otherwise this may burn with application. Disinfect and soak the lens over night in Ciba Clear Care or Boston Simplus solution.
- Call our office if you have any questions or need further training.