

# SCLERAL Lens Use and Care Guide

www.bostonsightscleral.org

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## APPLICATION

### Set Up: Lens Application

① Place a soft towel on top of a clean work surface where you will apply your lenses.

#### 2 You will need:

- An application plunger
- A removal plunger
- A small mirror
- Preservative-free saline

### **Key Points for Optimal Lens Application**

- > Wash your hands with non-moisturizing soap and dry them completely with a lint-free towel before you begin.
- > Gently handle only the outside edges of the lens.
- > Your lenses may have dots. For patients with lenses for both eyes, the RIGHT lens is marked with ONE black or clear dot. The LEFT lens will have either NO dots or TWO black or clear dots. When either lens has one or two black or clear dots, the lens should be applied with the dot(s) oriented at the 12 o'clock position, unless otherwise instructed by your doctor.



1 dot = Right

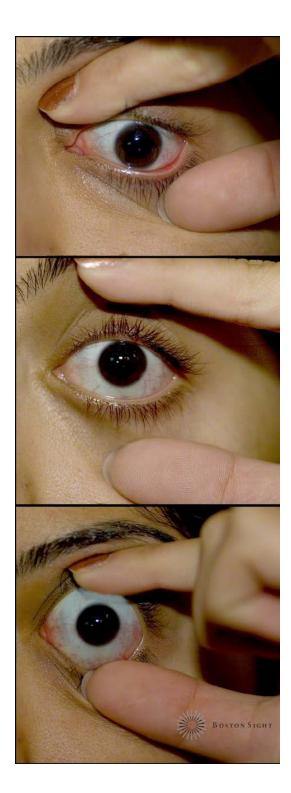


2 dots = Left

- > Your eye must be open WIDE-the lid spread is everything! See next page for examples.
- > The lens must be centered within the lid spread.
- > The plunger must be vertical. Your lens must retain the preservative-free saline in the lens to avoid bubbles.
- > Overfill your lens to improve your chances of a bubble-free application. Let the saline drip, not stream, into the lens bowl.

## APPLICATION – LID SPREAD

### The Lid Spread is Everything



**Incorrect!** Fingertips are not centered. Lid spread is not a perfect circle.

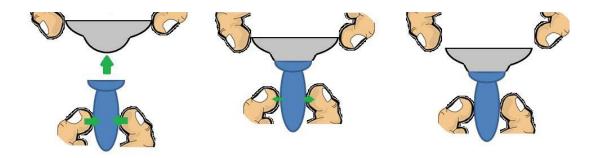
**Incorrect!** Lids slipped from fingertips. Lids are not open wide enough.

**Perfect!** A round opening with plenty of clearance for the lens application.

## **APPLICATION – PLUNGER**

### **Applying Your Lenses with a Plunger**

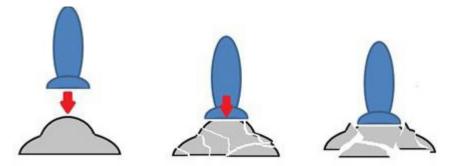
- ① Empty your lens from your case into the palm of your hand. With the other hand, GENTLY grasp the lens by the edges. Note: the lens should be wet during this process.
- ② Squeeze in on the sides of the plunger before coming into contact with the lens.
- (3) Place the lens over the face of the plunger and release side pressure on plunger, creating suction between the plunger and the lens.
- ④ Release the sides of the lens, holding it with the plunger.



**IMPORTANT:** Holding the lens with the fingers while applying the plunger lessens the force against the lens. **ALWAYS** handle the lens by the edges when attempting to attach the plunger to the lens. **DO NOT** attach the plunger while the lens is resting on a hard surface such as a table or counter top. This will place excessive force on the lens, risking breakage. Never squeeze the sides or place pressure on the face of the lens.

### **IMPROPER USE OF PLUNGER DURING LENS APPLICATION**

- DO NOT apply force with plunger in a downward motion causing lens to break
- DO NOT use the plunger to contact the lens while it is sitting on a hard surface
- DO NOT attempt to take a lens out of the case with a plunger



## **APPLICATION – PLUNGER**

### Applying Your Lenses with a Plunger, continued

- (5) Holding the plunger vertically, overfill lens with preservative-free saline. Let the solution drip, not stream into the lens, to prevent bubbles from forming.
- Maintain proper lid spread. Hold the eyelids at the edges, where the lashes meet the lids. The contact points should be centered on both lids, so as to form a perfectly round opening with plenty of clearance for lens application.
- Tuck your chin to your chest. Look straight down. Keep the plunger centered in your eye by focusing on the black hole in the center of the plunger.
- (8) Continue approaching your eye smoothly and steadily, and stare at the black hole as if you are looking through it. Some people find it useful to shut the eye that they are not applying the lens to.
- You will feel the fluid, but you are not there yet. Press your lens onto the eye with firm pressure.
- Capture the lens with the eyelids by releasing the lids. Don't squint. Maintain the upward pressure on the lens while squeezing the plunger to release the plunger from the lens.
- 1 The lens has now been released onto your eye! Continue squeezing the plunger while you pull the plunger away from the eye.
- Now check your lens in the mirror. Shine a penlight, at an angle, onto the surface of the lens and look for the presence of bubbles in or under the lens. If you detect bubbles the lens MUST be removed and reapplied.
- (3) After application of lenses, clean your application plunger with warm soapy water, rinse well, and allow to air dry.







Push Upwards and Squeeze!



Stay Squeezed as you pull away!

## **APPLICATION – LIGHTED PLUNGER**

### **Applying Your Lenses with a Lighted Plunger**

- ① Wet the fenestrated end (end with the opening) of the application plunger with preservative-free saline. Attach the plunger to the plunger light by inserting the light into the hole at the end of the fenestrated plunger.
- (2) While holding a cleaned and disinfected lens gently by the edges, apply to an application plunger by gently squeezing the plunger at the line while placing the lens on the cup and releasing the 'squeeze' to create suction. Turn on the green light by pressing the black button.
- ③ Holding the plunger vertically, overfill lens with preservative-free saline. Let the solution drip, not stream into the lens, to prevent bubbles from forming.
- ④ Maintain proper lid spread. Hold the eyelids at the edges, where the lashes meet the lids. The contact points should be centered on both lids so as to form a perfectly round opening with plenty of clearance for the lens.
- (5) Tuck your chin to your chest. Look straight down. Keep the plunger centered in your eye by focusing on the green light in the center of the plunger.
- Continue approaching your eye smoothly and steadily. Stare at the green light as if you are looking through it. Some people find it useful to shut the eye they are not applying the lens to.
- You will feel the fluid but you are not there yet. Press your lens onto the eye with firm pressure.
- (8) Capture the lens with the eyelids by releasing the lids. Don't squint. Maintain the upward pressure on the lens while squeezing the plunger to release the plunger from the lens.
- The lens has now been released onto your eye! Continue squeezing the plunger while you pull the plunger away from the eye.

(11)

Ocheck your lens in the mirror. Shine a light (such as a penlight or your cellphone flashlight) at an angle, onto the surface of the lens and look for the presence of bubbles in or under the lens. If you detect bubbles the lens MUST be removed and reapplied.

After application of both lenses, clean your application plunger with warm soapy water, rinse well, and allow to air dry.





## **APPLICATION – PLUNGER STAND**

## Applying Your Lenses With a Plunger Stand With or Without a Lighted Plunger

① Place the application plunger in the hole at the top of the stand. If using a light, feed the

wire through the slot on the stand. Turn on the light. Adjust the height of the stand, if necessary, by placing it on top of something such as a book or a tissue box.

- 2 While holding a cleaned and disinfected lens gently by the edges, place onto the application plunger. Do NOT squeeze the plunger to attach the lens; this will allow it to release easily when applying.
- ③ Overfill lens with preservative-free saline. Let the solution drip, not stream into the lens, to prevent bubbles from forming.
- ④ Hold the eyelids at the edges, where the lashes meet the lids. The contact points should be centered on both lids so as to form a perfectly round opening with plenty of clearance for lens application.
- (5) Tuck your chin to your chest. Look straight down. Keep the plunger centered in your eye by focusing on the black hole or green light in the center of the plunger.
- Begin to approach the lens by moving your head downward smoothly and steadily. The approaching lens and plunger must be centered within that opening and your focus must remain on the black hole or green light. Some people find it useful to shut the eye that they are not applying the lens to.
- You will feel the fluid but you are not there yet. Continue the downward motion until the lens is pressed firmly against your eye.
- (8) Capture the lens with the eyelids by releasing the lids.
- The lens has now been released onto your eye! Keep your eye closed while you sit up, backing away from the plunger with the lens on your eye.



① After application of both lenses, clean your application plunger with warm soapy water, rinse well, and allow to air dry.





## **APPLICATION – BUBBLES**

### Examples of Bubbles Under Your Lenses



Single bubble:

Multiple bubbles:

If you see a bubble, the lens MUST be removed and re-applied.

## REMOVAL

### Set Up: Lens Removal

Place a soft towel on top of a clean work surface where you will remove your lenses.

You will need:

- A removal plunger
- A small mirror, positioned upright
- Preservative-free saline

### **Removing Your Lenses With a Plunger**

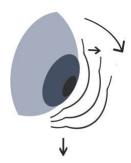
- ① Position the mirror upright on your work surface.
- 2 Lubricate your eye thoroughly with several drops of preservative-free saline.
- ③ Wet a removal plunger with the preservative-free saline.
- (4) Look straight ahead into the mirror.
- (5) Just as when applying your lens, execute proper lid spread. It is important to make sure the upper lid is secure during the removal to prevent scratching your eye.
- While maintaining your lid spread, create suction with the plunger at a 45-degree angle. Aim for the 6 o'clock position on the lens, at the point where the colored portion of the eye meets the white.
- Press the removal plunger firmly but gently against the lens. Break the suction by tipping the bottom of the plunger up and then pull the plunger in an arc-down-and-out manner, taking care not to scratch your cornea. On some occasions, you may need to pull and relax the plunger rapidly and repeatedly.

NOTE: If the plunger is pressed too close to the center of the lens, directly over the pupil, it may not be possible to break suction and remove the lens.

- (8) Maintain the lid spread until the lens is out of your eye.
- O Hold the lens gently by the edges and remove the plunger from the lens by twisting and maneuvering it towards the edge of the lens.
- O Clean your removal plunger with warm soapy water, rinse well, and allow to air dry.







## **REMOVAL – WITHOUT PLUNGER**

### **Removing Your Lenses Without a Plunger**

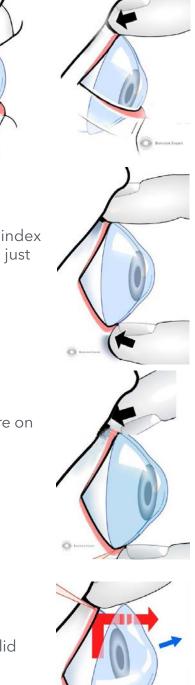
- ① Lubricate your eye thoroughly with several drops of preservative-free saline.
- Press the tip of an index finger on the very edge of your upper lid at the 12 o'clock position and gently push it into your eye just above the top edge of the lens. (If you have deep-set eyes, this will require you to reach under your brow and look slightly down.)

③ Block the lens from moving down by pressing the tip of the 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.

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The following protocols are used by BostonSight.

Please review with your prescribing doctor to determine the protocols that are best for your unique needs and eye condition.

## **DISINFECTION AND CLEANING**

### Set Up: Your Lens Case with Basket

To start, you will need to have a clean work surface and the following supplies:

- One lens case
- One unopened package of **Clear Care or Clear Care Plus**
- $\textcircled{\ensuremath{\textcircled{}}}$  Remove the lid from your lens case.
- 2 Remove the lid from the small Clear Care case.
- ③ Remove/break off the catalyst from the arbor on the bottom of the Clear Care case (as illustrated below).
- Discard the Clear Care case.
  \*NEVER attempt to disinfect your lenses in the case included with the Clear Care Solution
- (5) If your case still has the arbor (stem) attached to the bottom of the basket assembly, it will need to be removed by using pliers to grasp the arbor and gently bending the arbor until it breaks before proceeding to next step.
- (6) Drop the platinum disc from the Clear Care case into your lens case so that it sits on the bottom of the case. We recommend replacing the platinum disc every 60 days. Under NO circumstances should the platinum disc be used for more than 90 days.

⑦ Your case is now properly set up for nightly disinfection.



We recommend replacing your lens case every 3 months.



## **DISINFECTION AND CLEANING**

### Set Up: Lens Care and Cleaning

- ① Place a soft towel on top of a clean work surface where you will clean your lenses.
- 2 You will need:
  - Your lens case with the platinum disc from the Clear Care disinfection case
  - Your preservative-free saline
  - Your daily cleaner
  - Clear Care or 3% hydrogen peroxide

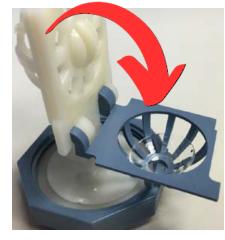
## **DISINFECTION AND CLEANING – NIGHT**

### **Nightly Disinfection Protocol for Your Lenses**

- (1) Wash your hands thoroughly with non-moisturizing soap and dry completely with a lint-free towel.
- ② Place your lens in the palm of your hand. Place one drop of your daily cleaner on the outside surface of the lens and rub for 15 seconds. Place another drop on the inner surface and rub again for 15 seconds. DO NOT rub the lens between your fingers to clean it. This can cause the lens to warp.
- ③ While handling the lens gently by the edges, rinse the lens thoroughly with preservative-free saline or Bausch + Lomb Sensitive Eyes Plus saline. Under no circumstances should tap water be used for rinsing.
- ④ Gently separate the basket from the basket assembly by pulling the tab located near the arbor so that the basket is horizontal.
- (5) Place the lens, bowl side up, into the basket (see photo at right for correct placement). While keeping the basket horizontal, bring the basket assembly down onto the basket. To avoid damaging or losing your lens, DO NOT attempt to bring the basket up to the basket assembly.
- **(6)** Repeat for the other lens and place into the empty basket.
- Fill the lens case with Clear Care solution or 3% hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) to the fill line. It is okay if the platinum disc floats to the top - the basket will push it back down.
- 8 Place the basket assembly in the case and secure the cover. DO NOT over tighten the cover because the threads may split and break. It is okay if the platinum disc does not sit flat at the bottom of the case. It will still work properly even if it is wedged on the side of the case.

To properly allow the Clear Care or **3% hydrogen peroxide** solution to neutralize, lenses must remain in the case for **AT LEAST** 6 hours.

**NOTE:** If you must remove the lenses before the disinfection process has ended, rinse them thoroughly with saline. Then soak lenses in fresh saline, in a clean contact lens case, for at least 5 minutes. Repeat with fresh saline solution for an additional 5-minute soak. Rinse again with **preservative-free saline** before applying to your eye. If using a screw top contact lens case, clean the case with an alcohol wipe and air dry.





## **DISINFECTION AND CLEANING – NIGHT**

## Nightly Disinfection Protocol for Your Lenses Using 3% hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) Without Clear Care Platinum Disc

- ① Clean lenses with your daily cleaner by following **steps 1-6** on prior page.
- ② Rinse lenses thoroughly with preservative-free saline solution.
- ③ Fill the lens case with 3% hydrogen peroxide to the fill line.
- Place the basket assembly in the case and secure the cover. DO NOT over tighten the cover because the threads may split and break. To properly allow the solution to disinfect, lenses must remain in the case for AT LEAST 6 hours.
- **⑤** In the morning, remove lenses from hydrogen peroxide.
- Rinse the lenses thoroughly with saline. Then soak lenses in fresh saline, in a clean contact lens case, for at least 5 minutes. Repeat with fresh saline solution for an additional 5-minute soak. Rinse again with preservative-free saline before re-applying to your eye.

**NOTE:** Brown bottle 3% hydrogen peroxide is **NOT FDA** approved for lens disinfection. It is not micro-filtered for impurities and does not contain stabilizing buffers or salts like Clear Care. Some patients report redness and/or discomfort with use. If at any time while using 3% hydrogen peroxide you experience increased redness, burning, or pain, discontinue use and use **ONLY** Clear Care.

## **DISINFECTION AND CLEANING – MORNING**

### **Morning Protocol for Application of Your Lenses**

- ① Place a soft towel on top of a clean work surface where you will apply your lenses.
- 2 You will need:
  - An application plunger
  - A removal plunger
  - A small mirror
  - Preservative-free saline
- 3 After thoroughly washing and drying your hands with non-moisturizing soap and water, remove your lens from the lens case.
- (4) While holding a cleaned and disinfected lens gently by the edges, briefly rinse with preservative-free saline. **DO NOT use tap water for rinsing.**
- (5) Apply lens to the eye using your preferred application technique.
- 6 After each use, empty the lens case (being careful not to lose the platinum disc) and leave it open to air dry. **NEVER clean the lens case with alcohol.**

**NOTE:** If you experience a slight stinging sensation upon application of the lens in the morning, remove your lens from your eye immediately and rinse your eye thoroughly with preservative-free saline. Do this until the stinging sensation dissipates. Rinse your lenses thoroughly with preservative-free saline and then soak them in fresh preservative-free saline for at least 5 minutes before reapplying to your eye. When this occurs, it is likely an indication that the Clear Care catalyst needs to be replaced.

**WARNING:** Increased eye redness, pain, discharge, sensitivity to light, and/or significant reduction in vision may signal infection and requires IMMEDIATE attention. Please contact your eye care provider.

## FAQ – LENS USE

### Q: I just received my lenses in the mail. How do I prepare them for application?

Lenses are shipped wet in a case. Upon receiving your lenses, follow the steps below:

- 1. Wash your hands thoroughly with non-moisturizing soap and water before handling your lenses.
- 2. Clean your lenses:
  - Place one lens in the palm of your hand.
  - Place one or two drops of your daily cleaner on the outside surface of the lens and rub for 15 seconds. Flip the lens over, place another one or two drops of your daily cleaner, and rub the inside surface for 15 seconds.
- 3. While handling your lens gently by the edges, rinse with the sterile, preservative-free saline.

Your lens is ready for application.

#### Q: Can I sleep or nap in my lenses?

You can nap for a maximum of 30 minutes. **DO NOT** sleep with your lenses, as this can greatly increase the risk of an eye infection.

#### Q: Can I swim or shower while wearing my lenses?

No, you cannot swim or shower while wearing lenses. Exposure to impure and non-sterile water (tap, lake, pool, etc) while wearing your lenses increases the risk of a sight-threatening infection. For further questions regarding this, please speak to your doctor.

### Q: What should I do with my lenses if I briefly remove them to nap, swim, or shower?

Lenses should be placed in a standard, screw top contact lens case with either Unique pH or Boston Simplus. Before re-applying, the lenses should be cleaned with your daily cleaner and rinsed well with preservative-free saline. The case should then be emptied, wiped out with an alcohol prep pad, and allowed to air dry.

#### Q: I use medicated eye drops and wear scleral lenses. How do I use the drops?

If the medication is used once or twice per day, put the eye drop in before lens application and after lens removal, making sure to wait 10-15 minutes prior to application of lens. If the medication is three times per day or more, consult with your BostonSight SCLERAL provider to determine whether it is acceptable to apply drops while wearing the lens, as the absorption is compromised.

### Q: What should I do if I experience any of the following symptoms?

Discontinue use of your lenses and seek medical consultation by your primary eye care provider or emergency facility if you experience any of the following:

- Persistent redness/soreness, never observed before
- Increased sensitivity to light while wearing the lens(s)
- Eye pain
- Presence of mucous discharge
- Burning

## Q: I am traveling to \_\_\_\_\_ country/non-US city. Can you please tell me where there is a pharmacy where I can buy the solutions I need for my lenses?

Unfortunately, we have no way of knowing which solutions are available in which countries. We recommend that for extended trips, you either pack the solutions that you will need and ship them to yourself at your destination or order supplies from a U.S. distributor for delivery to your destination address.

#### Q: What solutions can I take on an airplane?

You can carry on all necessary solutions except 3% hydrogen peroxide and Clear Care, which must be packed in your checked luggage. Your BostonSight SCLERAL provider may be able to provide a medical necessity letter addressed to the Transportation Security Administration (TSA) detailing what you should be allowed to bring onto the airplane due to medical reasons. Please check with your provider.

## FAQ – CLEANING

#### Q: What are the daily essentials of my lenses?

Daily essentials include:

- Daily cleaner
- Disinfecting solution
- Preservative-free saline
- One clean contact lens case
- One application plunger
- One removal plunger

#### Q: How often do I need to replace my lens case and plungers?

With proper use, plungers should be replaced every 6 to 12 months; sooner if the edges become rough, uneven, or the suction is no longer sufficient. Your lens case should be replaced every 3 months. Lens cases and plungers are available at The Dry Eye Shop: http://www.dryeyeshop.com/

#### Q: How do I store my back-up lenses?

**Plasma-treated**: The lenses can be stored per the manufacturer's recommendation in your lens case untampered with (no opening/closing) if not worn immediately after overnight disinfection. When ready to wear, clean with your recommended daily cleaner. Rinse the lens thoroughly with preservative-free saline before applying. If storing for more than 1 week, we recommend removing the lens from the lens case and drying with a soft cloth. When completely dry, the lens can then be stored DRY (without solution) indefinitely in a clean screw top contact lens case. Disinfect overnight in Clear Care prior to wearing your lenses.

**Hydra-PEG treated**: Store lenses wet if not worn after overnight disinfection. Lenses can be stored in Unique pH or Tangible Clean per the manufacturer's recommendation for up to 30 days, if untampered with (no opening/closing). Disinfect overnight in Clear Care prior to wearing your lenses.

**Q: My condition causes mucus to accumulate on the outside of my lenses. What can I do? Plasma-treated**: You can use a few drops of sterile preservative-free saline on the end of a Q-tip to "squeegee" the outside surface of the lens. Alternatively, lenses can be refreshed by removing them, cleaning with your daily cleaner, rinsing thoroughly with your preservative-free saline, and re-applying.

**Hydra-PEG treated:** Any Hydra-PEG treated lens can be refreshed: Remove, clean with Hydra-PEG approved daily cleaner, rinse thoroughly with preservative-free saline, and reapply. Do not "squeegee" a Hydra-PEG lens as this could damage the integrity of the coating.

## FAQ – CLEANING

## **Q**: Is okay to use the drops that claim to reduce protein buildup on contact lenses on my scleral lenses? If so, which brand should I use?

We suggest using Ultrazyme Enzymatic Cleaner or Boston One-Step Liquid Enzymatic Cleaner as directed on the package inserts.

- If using Ultrazyme, add one tablet to your lens case with Clear Care or 3% hydrogen peroxide solution and disinfect normally as instructed in this guide.
- If using Boston One-Step, empty one vial into your lens case with Clear Care or 3% hydrogen peroxide solution and disinfect normally as instructed in this guide.
- Enzymatic cleaner is NOT approved for lenses treated with Hydra-PEG.

## Q: Is $H_2O_2$ (brown bottle 3% hydrogen peroxide) approved for use with scleral lenses and if so, how do I use it?

Yes, you can use  $H_2O_2$ , but its usage comes with a disclaimer.

### PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING H<sub>2</sub>O<sub>2</sub>.

Brown bottle 3% hydrogen peroxide is **NOT FDA** approved for lens disinfection. It is not micro-filtered for impurities and does not contain stabilizing buffers or salts like Clear Care. Some patients report redness and/or discomfort with use. If at any time while using brown bottle 3% hydrogen peroxide you experience increased redness, burning, or pain, discontinue use and use ONLY Clear Care.

The platinum disc that comes packaged with Clear Care is not available to purchase by itself. It is required to properly disinfect your lenses in the case. Therefore, you must purchase Clear Care at least every 8 weeks to replace the platinum disc.

#### Q: Is there a cheaper alternative to the preservative-free saline to fill my lenses?

You may use Sodium Chloride Inhalation Solution USP, 0.9% as a substitute. It is available at your local pharmacy with a prescription or online without a prescription at http://www.medonthego.com. It is available in 3, 5, and 10 ml vials and in boxes of 100–144.

**NOTE:** While most people can use Sodium Chloride Inhalation Solution USP, 0.9% in place of preservative-free saline, some will develop mild redness, burning, and/or discomfort, as it is not buffered. If you develop these symptoms, discontinue use immediately and resume use of a buffered preservative-free saline. Remember: **YOU MUST always FILL your lenses with preservative-free sterile saline.** 

#### Q: Is there a cheaper alternative for rinsing my lenses?

To save money, an option for **RINSING ONLY** is to use Bausch + Lomb Sensitive Eyes Plus Saline Solution. This solution contains preservatives and under NO circumstances should they be used to fill lenses. When using this solution for rinsing, your lenses should be thoroughly rinsed with preservative-free saline prior to application.

## **ACCESSORY GUIDE**



Application Plunger (DMV Scleral Cup) www.dryeyeshop.com 877-693-7939

See-Green® Plunger (Fenestrated Application Plunger ) www.dalseyadaptives.net 413-563-2477



Removal Plunger (DMV Ultra Contact Lens Remover) www.dryeyeshop.com 877-693-7939



See-Green<sup>®</sup> Lens Inserter www.dalseyadaptives.net 413-563-2477



See-Green® Plunger Stand System www.dalseyadaptives.net 413-563-2477



Lens Case (referred to as PROSE case online) www.dryeyeshop.com 877-693-7939

Please note that both dryeyeshop.com and dalseyadaptives.net will ship internationally.

**LENS SOLUTIONS** Please work with your prescribing doctor to determine which are the right ones for you.



# BOSTONSIGHT<sup>®</sup> SCLERAL

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