

## Scleral Lens Care

### **General Handling Instructions:**

- 1) NEVER USE WATER TO RINSE YOUR LENS OR YOUR CONTACT LENS CASE!!!!!!
- 2) Always wash your hands before handling your lenses. Avoid soaps with creams, lotions, oils and perfumes as they can deposit on your lenses and create dry spots and discomfort. We recommend Ocusoft Contact Lens Soap or Ivory liquid hand soap.
- 3) For lens removal we recommend the DMV 45 non-vented remover. Place the plunger at the bottom or top 1/3 of the lens, never in the center. Cantilever the lens off of the eye. If the lens is well adhered to the eye you may need to break the seal by pressing just below the lens to insert an air bubble behind the lens. With certain smaller lens designs you may be able to use your lower lid to break the seal and lift the lower edge of the lens off the eye, but this technique is complex and not recommended for beginners.
- 4) For lens insertion we recommend any of the following options: DMV scleral lens cup with bottom removed to prevent suction, making a tripod with your fingers, EZI ring, dental band, #8 o-ring or See Green Scleral Lens Inserter.
- 5) To clean you insertion/removal devices we recommend soaking in hydrogen peroxide (Clear Care works great) for 10 minutes followed by a thorough rinsing with sterile saline. Let air dry.
- 6) Remember, get ahold of your lashes and move them out of the way while swiftly placing the lens on the eye to avoid bubbles.
- 7) For patients that have wetting issues on the front surface of the lens you may try rubbing the front surface with a Boston Advanced Conditioning Solution, Optimum WRW, Boston Simplus or even Opti-free Puremoist prior to balancing the lens for insertion. Just be careful not to get any of these products inside the bowl of the lens.
- 8) Addipak 0.9% NaCl inhalation sterile saline may be purchased from Amazon without a prescription.
- 9) Visit our website for more helpful tips and how to videos, [www.visionaryeyecenter.com](http://www.visionaryeyecenter.com)

**Option One:** Clear Care Hydrogen Peroxide System (this is our preferred system until it is proven you need something different)

Advantages: Easy, Fast, Less exposure risk to preservatives, safe for plasma treated lenses.

Disadvantages: May not be aggressive enough for moderate to heavy depositors

- 1) Wash you hands and remove your contact lens using the DMV plunger or fingers.
- 2) Place the lens in your palm. Place a few drops of Clear Care in your palm and in the bowl of the lens. Using your pinky, rub the lens gently both inside and out for 10 seconds. Place the lenses in the contact lens cage and rinse the lenses for 5 seconds. (For larger sclerals you will need a bigger cage. One can be obtained from the Visionary Eye Center or the DryEyeShop.com and you will need to break off the neutralizing disc from your regular case to use.)
- 3) Fill the basket up to the fill line with Clear Care and insert your lenses. The lenses must remain in the case for a minimum of 6 hours to fully neutralize the hydrogen peroxide. Removal of the lenses before 6 hours will results in a very painful chemical burn to the front of the eye. Lenses may be stored for up to 7 days before you need to replace the hydrogen peroxide solution. For patients that have trouble with deposits, use of Unizyme 1-3x weekly is recommended. Just place a tablet in the case after you fill with hydrogen peroxide and before you insert your lens cage.
- 4) After 6 hours has passed you may open the case and remove the lens after washing your hands. Rinse the inner bowl with a few drops of Addipak 0.9% NaCl inhalation sterile saline to remove any buffers. Fill the bowl of the lens fully with the Addipak 0.9% saline and insert into the eye.
- 5) Replace your case every time you use a new bottle/pack or Clear Care.
- 6) Use Progent every 2 weeks to 6 months as directed to give your lenses a deeper cleaning. See the Progent section for details.

**Option Two:** Non-abrasive Boston Simplus

Advantages: Easy, Fast, May allow front surface to wet better.

Disadvantages: Exposure risk to preservatives higher, not as aggressive as Option 3A and 3B for heavy depositors.

- 1) Wash you hands and remove your contact lens using the DMV plunger or fingers.
- 2) Place lenses in an empty lens case and fill with fresh Boston Simplus Multi-Action Solution. Soak lenses for at least four (4) hours (or overnight) before wearing.
- 3) Wash hands before cleaning (rubbing) lenses. After soaking, remove lenses from lens case and rub both sides of the lenses carefully with four (4) drops of Boston Simplus Multi-Action Solution in the palm of your hand for twenty (20) seconds.
- 4) Rinse lenses thoroughly with a preservative free saline like Simply Saline (preferred) or Unisol 4. All Boston Simplus residue must be removed from inner bowl of the lens.
- 5) Rinse the inner bowl with a few drops of Addipak 0.9% NaCl inhalation sterile saline to remove any buffers. Balance the scleral on insertion device or fingers. Fill the bowl of the lens fully with the Addipak 0.9% saline and insert into the eye.
- 6) Rinse case with saline and let air dry in an inverted position.
- 7) Discard Boston Simplus solution ninety (90) days after opening. Record date opened in space provided on bottle label. Note: When used daily, this solution will be depleted before ninety (90) days.
- 8) Replace you contact lens case once a quarter.
- 9) Use Progent every 2 weeks to 6 months as directed to give your lenses a deeper cleaning. See the Progent section for details.

**Option Three A:** Non-abrasive Optimum by Lobob Optimum Cleaning System

Advantages: More aggressive cleaning, safe for plasma treated lenses, alcohol ingredients great for patients with lipid based deposits.

Disadvantages: More complex, takes longer to complete, higher exposure risk to preservatives and cleaners.

- 1) Wash your hands and remove your contact lens using the DMV plunger or fingers.
- 2) Place the lens in the cupped palm of hand. For patients with heavier deposits, use of Optimum ESC 3-4x weekly first is recommended, those with milder deposits may move onto step 5. Apply 1 or 2 drops of Optimum ESC to both surfaces of lens. Massage the lens and work up a sudsing lather for 30 seconds.
- 3) Rinse lenses thoroughly with a preservative free saline like Simply Saline (preferred) or Unisol 4. All Optimum ESC residue must be removed.
- 4) Place the lens in the cupped palm of hand. Apply 10 drops of Optimum CDS to cover both surfaces of lens. Massage the lens and work up a sudsing lather for 30 seconds.
- 5) Rinse lenses thoroughly with a preservative free saline like Simply Saline (preferred) or Unisol 4.
- 6) Place lenses in case and cover fully with Optimum CDS. Let soak for at least 6 hours or overnight.
- 7) Rinse lenses thoroughly with a preservative free saline like Simply Saline (preferred) or Unisol 4. All Optimum CDS residue must be removed from inner bowl of the lens.
- 8) Rinse the inner bowl with a few drops of Addipak 0.9% NaCl inhalation sterile saline to remove any buffers. Balance the scleral on an insertion device or fingers. Fill the bowl of the lens fully with the Addipak 0.9% saline and insert into the eye.
- 9) Rinse case with saline and let air dry in an inverted position.
- 10) Replace you contact lens case once a quarter.
- 11) Use Progent every 2 weeks to 6 months as directed to give your lenses a deeper cleaning. See the Progent section for details.

**Option Three B:** Mildly Abrasive Boston Advanced Cleaner and Advanced Comfort Conditioning Solution

Advantage: More aggressive cleaning, allows use of enzymatic cleaners if needed.

Disadvantages: More complex, takes longer to complete, exposure risk to preservatives and cleaners higher

\*Warning: The original Boston Cleaner and Conditioning Solutions are too abrasive for sclerals, only use the Advanced versions.

- 1) Wash your hands and remove your contact lens using the DMV plunger or fingers.
- 2) Place the lens in the cupped palm of hand. Apply 2-4 drops of Boston Advanced Cleaner to cover both surfaces of lens. Massage the lens and work up a sudsing lather for 20 seconds.
- 3) Rinse lenses thoroughly with a preservative free saline like Simply Saline (preferred) or Unisol 4.
- 4) Place lenses in case and cover fully with Boston Advanced Conditioning Solution. Let soak for at least 4 hours or overnight.
- 5) For heavier deposits, once a week add 2 drops of Boston One Step Enzymatic Cleaner to the Boston Advanced Conditioning Solution. Make sure you have a full case of Conditioning Solution to properly dilute the enzyme.
- 6) Rinse lenses thoroughly with a preservative free saline like Simply Saline (preferred) or Unisol 4. All Boston Advanced Conditioning Solution residue must be removed from inner bowl of the lens.
- 7) Rinse the inner bowl with a few drops of Addipak 0.9% NaCl inhalation sterile saline to remove any buffers. Balance the scleral on an insertion device or fingers. Fill the bowl of the lens fully with the Addipak 0.9% saline and insert into the eye.
- 8) Rinse case with saline and let air dry in an inverted position.
- 9) Replace you contact lens case once a quarter.
- 10) Use Progent every 2 weeks to 6 months as directed to give your lenses a deeper cleaning. See the Progent section for details.

**PROGENT**

Progent is a very aggressive cleaning system and contains bleach. Progent may be used up to every 2 weeks and is recommended at minimum every 6 months. Progent is only available through Menicon's web store, which may be found by visiting our website [www.visionaryeyecenter.com](http://www.visionaryeyecenter.com) and clicking on the shopping button. You will need to enter our access code which is:

Please read and follow the instructions carefully in the following order.

- 1) Wash your hands and place lenses in a Progent scleral vial cage before mixing solutions. Large size vials for sclerals may be purchased on the Menicon website or in our office.
- 2) Open Progent vial A and fill vial container. Hold upright and do not spill on hands or clothes when opening.
- 3) Open Progent vial B and empty completely into vial container. NOTE: Mixed A & B solution should be used immediately.
- 4) Place lens cage into vial and tightly close the cap. Shake gently several times.
- 5) Allow lenses to soak in Progent mixture for 30 minutes (soaking longer than 30 minutes is NOT recommended). DO NOT remove lenses from holders before rinsing. Your fingers SHOULD NOT touch the Progent solution.
- 6) Remove Progent cage/cap and keep lenses in Progent cage (do not spill solution). Discard PROGENT mixture into sink with running tap water.
- 7) Open Progent Rinsing Solution and empty entire contents into Progent vial container. Replace Progent vial cage with lenses still in holders and tightly close cap. Gently shake the vial.
- 8) Open the vial and remove lenses from holders. Clean and disinfect lenses using the solutions and procedures recommended by the Visionary Eye Center.
8. After lenses have been removed from Progent cage, discard Progent Rinsing Solution into sink with running tap water. Allow Progent vial to air dry. Wash hands after completing all steps.