

# VILLAGE EYECARE

University Village

South Loop

Hyde Park

Wicker Park

## Scleral Lens

### Insertion:

1. Wash your hands with a mild soap and water. Use a soap that does not have moisturizers. Dry your hands with a clean lint-free towel.
2. Remove a lens from its case. Try to get into the habit of always doing the same side first. This will help you avoid mixing up your lenses. When handling the lens, use your fingertips. Avoid touching it with your nails.
3. Inspect the lens to make sure there are no chips or material on the surface. Hold the lens up to the light to make sure it does not look white or cloudy.
4. Place the lens onto the DMV inserter and fill the lens completely with a non-preserved sterile saline solution. This will prevent air bubbles from forming between the surface of your eye and your lens. The solution also helps your eye be comfortable while you are wearing the lens.
5. Turn your body so that it is parallel to the floor and you are staring down. It may be helpful to place a mirror with a dot in the center on the table in front of you. Use the dot to help you make sure you are looking directly towards the floor. Inserting contacts in this position will help make sure fluid does not fall out of the lens.
6. Use your free hand to hold open your eyelids. You can use your fingers to pull open your upper eyelid and lower eyelid at the same time. If this does not open your eye wide enough, you can also use your fingers to pull open your upper eyelid. Place the lens under the upper lid. Once it is in place, move your hand to pull down your lower eyelid. Release your eyelids and then your lens will be in place.
7. Repeat the steps above to put a lens in your other eye.

### Removal:

1. Wash your hands with a mild soap and water. Use a soap that does not have moisturizers. Dry your hands with a clean lint-free towel.
2. Check to see where the lens is located in your eye. Look straight ahead.
3. Wet the tip of the small plunger with saline. Place the plunger on the bottom third of the lens. Pull the plunger up and out. It may be helpful to place the fingers of your free hand under your lower eyelid. As you pull the plunger out, press the eyelid in. This will help release the suction.
4. If you are not using a plunger, place fingers on your upper and lower eyelids next to your eyelashes. Break the seal by pushing your lower eyelid under the edge of the lens. The lens will pop out. Catch it with a towel.
5. Repeat the process with the lens in your other eye.

### Scleral Society Reference Video:

<https://www.youtube.com/watch?v=h0dl2P6qyZU&t=19s>



# VILLAGE EYECARE

University Village

South Loop

Hyde Park

Wicker Park

## Scleral Lens Inserter:



Directions: Place lens on inserter and place head parallel to table.

## Scleral Lens Remover:



Directions: Place remover on lower 1/3 portion of lens and remove straight out.

## Lacripure Saline Solution:



Directions: Rinse and fill lenses until solution domes over.

## Refine 1-Step:



Directions: Store overnight for a minimum of 6 hours in special vial.

## Unique pH Solution:



Directions: Store in solution if needed to remove for less than 6 hours. Rinse with Lacripure.

## Progent Deep Cleaner:



Directions: Use 1-2 times per month as recommended by doctor.

## Refresh Celluvisc:



Directions: If recommended by doctor.

## Optum CDS Cleaner:



Directions: If recommended by doctor.