PRODUCTS & WHAT TO EXPECT

Scleral Lens Care Essentials

Successful scleral lens wear requires the ability to apply and remove your lenses, along with proper care of the lenses. This guide reviews the essentials: the solutions and care products used for scleral lenses, and what to expect as you get started. An optional **My Scleral Lens Essentials** checklist on page 7 can help you keep track of your personal care routine, and your scleral lens provider can help you fill it out.

INSIDE THIS GUIDE



1

Cleaning & Disinfection

Peroxide and multipurpose systems

PAGE 2



2

Filling Solutions

Preservative-free solutions for application

PAGE 3



3

Additional Care

Deposit removers and coating care

PAGE 4



4

Getting Started

Follow-up visits and what to expect

PAGES 5–6

1 Cleaning, Disinfection & Storage

After removing your lenses, clean and disinfect them with one of the methods below.



Clear Care



Standard case



PROSE case



Boston Simplus



Unique pH



Tangible Clean

Peroxide System

Clear Care is the primary peroxide system in the U.S.

3% hydrogen peroxide is preservative free and has broad antimicrobial activity.

- Peroxide must be neutralized with a catalyst, typically included with the solution. The Clear Care case has a built-in platinum disk that neutralizes the peroxide in **6 hours**.
- A rinse is not required. If you do rinse, use only sterile saline or scleral filling solution.
- If you cannot complete the 6-hour neutralization, rinse the lens thoroughly before application.
- Larger lenses may not fit the standard case. For lenses larger than 16 mm, use the **PROSE case** (see below). You can also use two standard cases, each with its own platinum disk and the lens baskets removed.

Multipurpose Solutions

Boston Simplus, Unique pH, Tangible Clean

Approved for gas permeable lenses, including scleral lenses. These solutions clean, disinfect, condition, and store your lenses using rubbing and chemical disinfection.

- After removal, rub both sides of the lens with clean fingers in the palm of your hand.
- Store lenses in a standard contact lens case, fully submerged in solution.
- Before application, rinse thoroughly with sterile saline or scleral filling solution. Do not rinse with tap or distilled water.
- Use fresh solution each day. Do not reuse or top off solution.

PROSE Case

For larger lenses. Used off-label with peroxide systems such as Clear Care.

- For PROSE or scleral lenses **larger than 16 mm and up to 22 mm** (basket diameter about 25 mm). Not for corneal RGP or soft lenses.
- **Catalyst disc not included.** It comes only in a Clear Care kit. Move it to this case and replace it every **2 months**.
- Replace the case every **3 months**.
- Uses about **1.5 oz (44 mL)** of Clear Care per use.

PEROXIDE SAFETY: Do not rinse lenses with peroxide or put it directly in your eye. Non-neutralized peroxide can be highly irritating and may require medical attention.

QUICK TIPS

Where to buy

Most pharmacies and grocery stores, online, or through some offices.

Rub every time

Rubbing with your fingers before storage removes deposits from the lens.

Replace your case

Each time you open a new bottle of solution (about every 3 months).

Hydra-PEG safe

These cleaning solutions are compatible with Tangible Hydra-PEG.

2 Application (Filling) Solutions

Fill the lens bowl with a sterile, non-toxic, preservative-free solution.

This fluid reservoir fills the space between the back of the lens and the cornea and stays in contact with the surface of your eye throughout wear. Using the wrong solution can be toxic to the cornea and cause redness, irritation, and reduced vision.



LacriPure
Menicon
FDA APPROVED



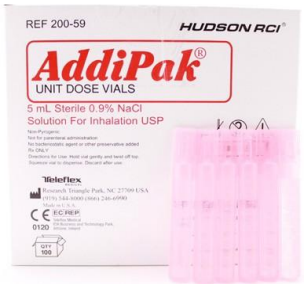
ScleralFil
Bausch + Lomb
FDA APPROVED



Vibrant Vue
Visionary Optics
FDA APPROVED



Tangible Fill
Tangible Science
FDA APPROVED



AddiPak 0.9% NaCl
Unit dose vials
ACCEPTABLE, OFF-LABEL



PuriLens Plus
Preservative-free saline
ACCEPTABLE, OFF-LABEL

USING FILLING SOLUTIONS

- **Single-use vials:** Most approved solutions come in single-use vials. Discard the vial after rinsing and filling your lenses once. An opened vial can become contaminated.
- **AddiPak:** 0.9% sodium chloride, commonly used for nebulizers, is acceptable for off-label scleral lens use.
- **PuriLens Plus:** Sterile non-preserved saline in 2 or 4 oz bottles. You may reuse the bottle, but discard it after 14 days, or sooner if your scleral lens provider recommends.
- **Thicker fill:** Non-preserved artificial tears may be used to fill the lens bowl if you need a thicker fluid reservoir.

3 Additional Care Products

Your scleral lens provider may recommend these for heavy deposits or coated lenses.



Alcohol-Based Cleaners

If your lenses deposit heavily with lipids (oil) or proteins, an alcohol-based cleaner can help. These cleaners are minimally abrasive and require rubbing to remove deposits.

- Rinse thoroughly before applying the lens to your eye.
- MiraFlow and Sereine are available online.
- Acceptable for gas permeable lenses, but off-label for scleral lenses.

NOT COMPATIBLE WITH TANGIBLE HYDRA-PEG



Progent (Menicon)

A highly effective deposit and protein remover for gas permeable lenses, including scleral lenses. Soak lenses for 30 minutes, then rinse thoroughly before application.

- Available online or through some offices.
- Large diameter cases are available for scleral lenses.
- The manufacturer recommends use every two weeks; your provider may recommend a different schedule.

NOT COMPATIBLE WITH TANGIBLE HYDRA-PEG



Tangible Boost

Tangible Hydra-PEG is a custom coating that improves surface wettability, reduces deposits and fogging, and improves comfort. The coating is added during manufacturing and can wear off over time. Tangible Boost restores and maintains it on lenses originally coated with Hydra-PEG.

- Prescription only.
- Use monthly, or as directed by your scleral lens provider.

SAFE FOR HYDRA-PEG LENSES

The cleaning, disinfection, and storage solutions on page 2.

NOT FOR HYDRA-PEG LENSES

MiraFlow, Sereine, and Progent.

4 Getting Started: What to Expect

Ongoing care and follow-up are key to successful long-term scleral lens wear.

FOLLOW-UP SCHEDULE

Scleral lenses are prescribed for many reasons, most often for corneal irregularity or ocular surface disease. Follow-up visits make sure your lenses fit properly and let your provider monitor the health of your cornea and ocular surface.

How often you need follow-up depends on your eye condition, the complexity of your fit, and your risk of complications. New lenses may come with a warranty period that covers lens exchanges for a limited time, so follow the schedule your scleral lens provider recommends.

Recommended daily wear time: _____

Recommended follow-up: _____

CARE REGIMEN RECOMMENDATIONS

Cleaning, disinfection & storage solution: _____

Rinsing and filling solution: _____

Miscellaneous care products: _____

_____

FOLLOW-UP VISITS

Each visit assesses how your scleral lenses perform and how your eyes respond to wear. **Unless told otherwise, come to your visit wearing your scleral lenses.**

Suggested wear time at follow-up: _____

A typical visit includes a vision check and an on-eye lens evaluation. Your provider will also ask about your wearing experience and care routine. The questions on the next page will help you prepare.

4 Preparing for Your Visit

Think about these questions before each follow-up so you can help your scleral lens provider.

1 Vision

? Have you noticed any changes in the clarity or sharpness of your vision during wear? If so:

- Do these changes happen daily or randomly?
- Does blinking improve your vision?
- Does removing the lens to rinse and/or clean it improve your vision?

2 Comfort

? Do you have any discomfort or irritation while wearing your lenses? If so, how would you describe it?

? Have you noticed redness or soreness during wear or right after removal?

? Have you had dryness or excessive tearing with your lenses?

? How long can you usually wear your lenses comfortably before you need to remove them?

3 Handling

? Do you have any difficulty or discomfort when applying or removing your lenses?

? Have you noticed deposits or fogging on the inside or outside of your lenses? Can you remove them easily with your prescribed cleaning method?

? What hand soaps, facial soaps, moisturizers, or cosmetics may come into contact with your lenses before application and removal?

My Scleral Lens Essentials

Ask your scleral lens provider to help you check the products and steps for your routine.

MY LENSES ARE

- [ ] Coated with Hydra-PEG
- [ ] Plasma treated

Diameter (mm): _____

Brand: _____

APPLICATION & REMOVAL

- [ ] DMV Scleral Cup
- [ ] DMV Vented Scleral Cup
- [ ] EZi Applicator Ring
- [ ] See-Green Plunger Stand
  - [ ] With light
- [ ] DMV Ultra Remover
- [ ] S5 Inserter
  - [ ] S5 Mini

Other device: _____

Replace plungers every: _____

Clean application tools with: _____

"RUB" CLEANING

- [ ] Boston Simplus
- [ ] MiraFlow
- [ ] Tangible Clean
- [ ] Unique pH

Other: _____

FILLING SOLUTIONS

PRESERVATIVE-FREE ONLY!

- [ ] LacriPure
- [ ] Tangible Fill
- [ ] PuriLens
- [ ] ScleralFil
- [ ] Vibrant Vue
- [ ] AddiPak
- [ ] Preservative-free tears

Other: _____

RINSING SOLUTIONS

NEVER USE WATER

- [ ] Preservative-free saline

Other: _____

DISINFECTION / STORAGE

- [ ] Boston Simplus
- [ ] Clear Care Triple Action
- [ ] Tangible Clean
- [ ] Unique pH

Other: _____

DISINFECTION CASES

- [ ] Standard screw-top case
- [ ] Clear Care "basket" case
- [ ] PROSE case

Clean case: _____

Replace case: _____

MID-DAY RE-APPLICATION?

Every (hours): _____

- [ ] Only if needed

WHEN NOT IN USE

- [ ] Store lenses dry

Store lenses wet: _____

Disinfect lenses before next use.

WATER SAFETY

- Do not rinse with water.
- Remove lenses before showering or swimming.
- Never store lenses in water or preservative-free saline.

HANDLING TIPS

- Use only moisturizer-free hand soaps.
- Place a lint-free towel over your workspace.
- Use a rubber catch mat in your sink.

EYE DROPS

Remove lenses before using prescription eye drops.

the dry eye shop

ACKNOWLEDGEMENT

This checklist was adapted from a resource by The Dry Eye Shop.