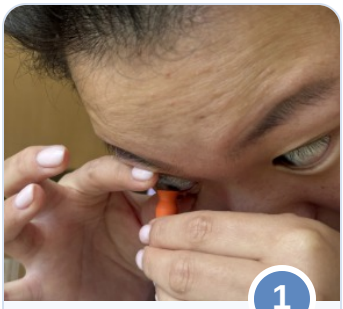
YOUR DAILY ROUTINE

Scleral Lens Care Instructions

Scleral lenses need specific daily care for clear vision, comfort, and long-term eye health. This guide walks you through four parts of your routine: application, removal, cleaning and storage, and case and tool care. For recommended saline and cleaning products, please refer to the Scleral Lens Care Essentials Guide.

INSIDE THIS GUIDE

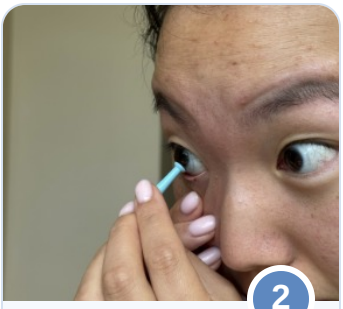


1

Application

Step-by-step lens insertion, methods, and application stands

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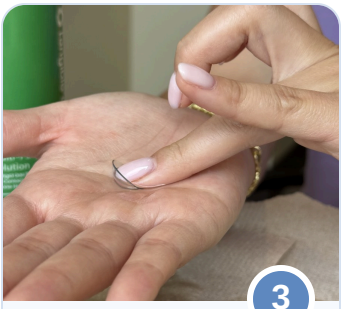


2

Removal

Safe removal with a plunger, plus tips for a stuck lens

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Cleaning & Storage

Daily cleaning and overnight storage of your lenses

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Case & Tool Care

Cleaning your case and tools, and when to replace them

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GOLDEN RULES

1. Use **preservative-free saline** to fill your lenses.
2. **Never use tap water** on your lenses, case, or tools.
3. **Never top off** old solution. Use fresh solution every night.
4. Replace your **case and tools every 3 months**.

1 Scleral Lens Application

Spread your eyelids open wider than the lens and hold your gaze steady to keep bubbles out from under the lens.

BEFORE YOU START

Wash your hands
Use unscented soap (no lotion) and dry with a lint-free towel.

Set up your space
Choose a clean, well-lit area.

Gather equipment
Scleral lens applicator, lens case, preservative-free saline.

STEPS

1. Remove the lens from the case and rinse it with preservative-free saline.
2. Place the lens on the scleral lens applicator. PHOTO A
3. Fill the lens bowl to the brim with preservative-free saline. Underfilling increases the chance of bubbles. PHOTO B
4. Check for and remove any bubbles in the lens bowl.
5. Lean over a clean surface, face down and parallel to the floor, so the filling solution stays in the lens.
6. Spread your eyelids open with your fingers. Pin the upper lid to the brow and pull the lower lid away from the eye.
7. Look straight down and gently place the lens onto the eye. PHOTO C
8. Slowly release your eyelids, then move the applicator away from the eye.
9. Check for bubbles in the mirror.

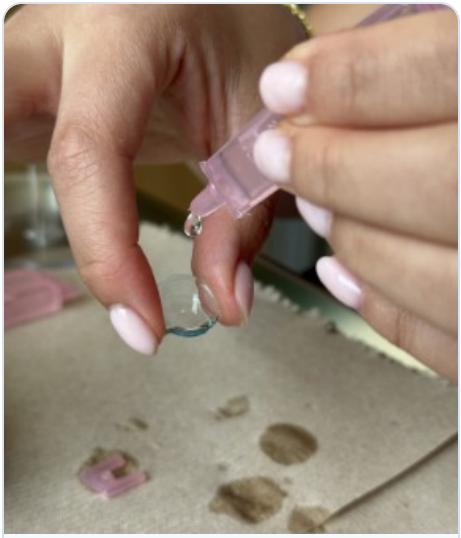


PHOTO A
Place the lens on your inserter (plunger) or fingertips.



PHOTO B
Fill the lens completely to the brim with preservative-free saline.

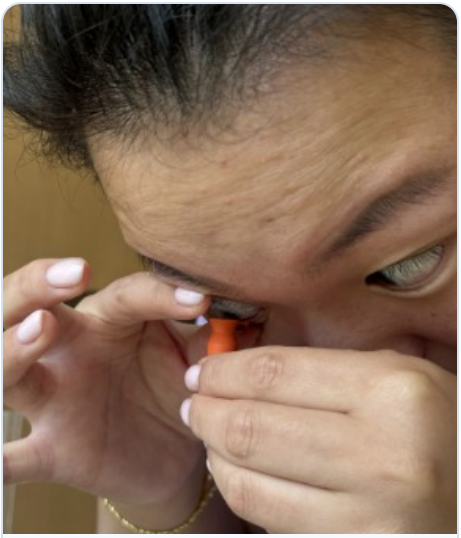


PHOTO C
Look straight down and gently place the lens onto the eye.

1 Methods of Application

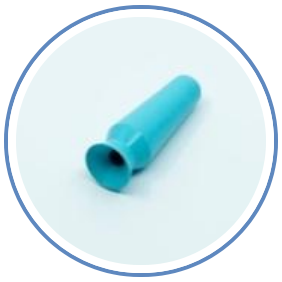
Your eye care provider will help you find the method that works best for you.



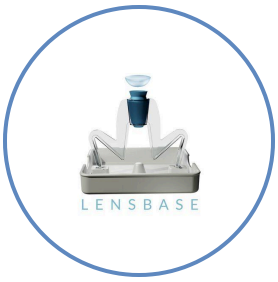
Tripod Method



Two Finger Method



Large DMV Suction Cup



Lens Stands

SCLERAL LENS APPLICATION STANDS AND ASSISTIVE TOOLS

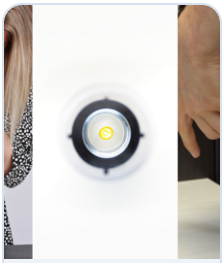
If you have trouble holding your eyelids open, bringing the lens close to your eye, and keeping your gaze steady all at once, an application stand can help. Stands hold the lens hands-free and some include a fixation light.



LensBase



See-Green Scleral Lens Inserter®



S5 Inserter and S5 Mini



DMV Scleral Contact Lens Inserter Stand



Contamac ScleralEase



EZi Applicator Ring

HOW A STAND HELPS

- **Steady platform.** Prevents spills of the filling solution from limited dexterity or tremor and reduces application bubbles.
- **Fixation light.** A safe light helps you keep looking straight ahead, improving centration and alignment.
- **Hands-free.** Frees one or both hands to hold your eyelids open.
- **Fewer bubbles.** Add a thicker, non-preserved lubricant to the lens bowl to minimize bubbles.

? **Not sure which method or stand is right for you?** Bring your tools to your next visit. Your eye care provider can watch you apply your lenses and recommend changes to make it easier.

2 Scleral Lens Removal

Always aim the removal tool at the lower edge of the lens, never the center.

BEFORE YOU START

Wash your hands
Use unscented soap (no lotion) and dry with a lint-free towel.

Set up your space
Choose a clean, well-lit area with a mirror.

Gather equipment
Scleral lens remover, lens case, disinfecting solution.

STEPS

1. Look straight ahead into a mirror and pull the lower lid down to expose the lower edge of the lens.
2. Place the removal tool on the lower edge of the lens. Do not aim at the center. PHOTO A
3. Gently press to create suction.
4. Tilt the removal tool slightly to break the seal. PHOTO B
5. Slowly and carefully pull the lens away from your eye.
6. Hold the edge of the lens and carefully twist it off the removal tool. PHOTO C

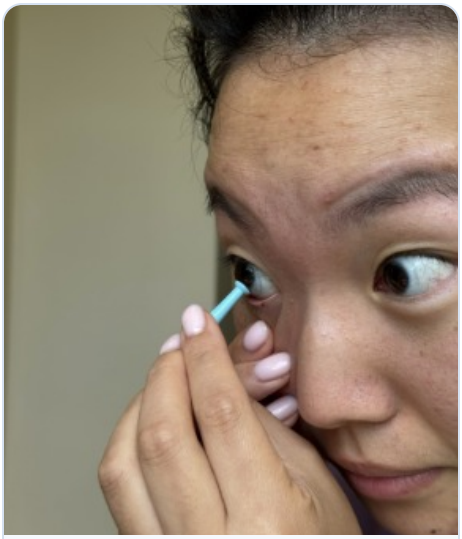


PHOTO A
Place the plunger on the lower edge of the lens (not the center).

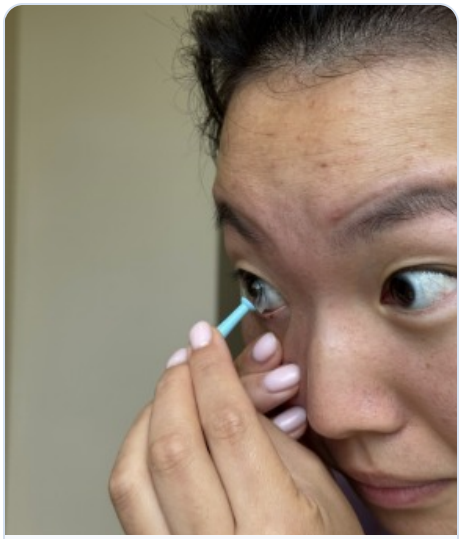


PHOTO B
Tilt the plunger slightly to break the seal.

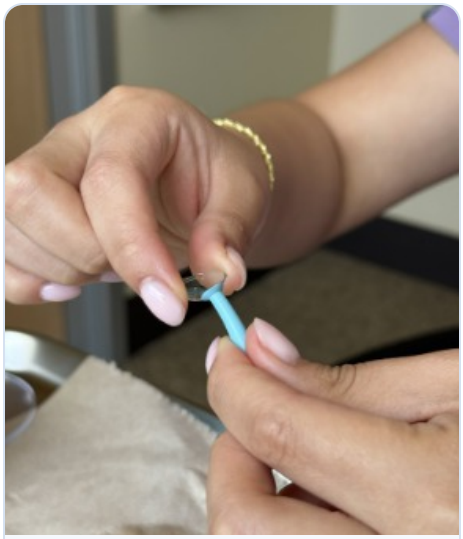


PHOTO C
Hold the lens edge and twist it off the removal tool.

AFTER REMOVAL

Clean your lenses right away. Follow **Daily Cleaning & Storage** on the next page.

LENS FEELS STUCK?

- Use a lubricating drop before removal.
- Still stuck? Press a finger gently against the lower eyelid, just below the lens edge, to break the seal.

3 Cleaning & Storage

Clean your lenses immediately after every removal.

DAILY CLEANING AND STORAGE

1. After the lens is off the removal tool, place the lens in the palm of your hand.
2. Add 3–4 drops of cleaning/disinfecting solution to the lens.
3. Gently rub both sides of the lens for 10 seconds. PHOTO A
4. Place each lens in the correct side of the case. PHOTO B
5. Fill the case with new contact lens disinfecting solution. Never top off solution from the night before. PHOTO C
6. Close the case and store overnight.

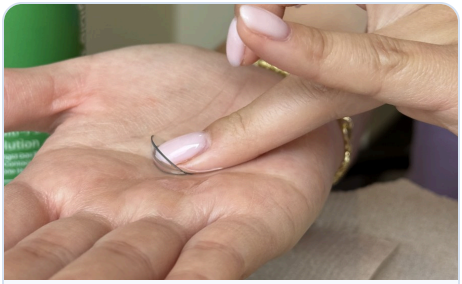


PHOTO A
Gently rub both sides of the lens for 10 seconds.



PHOTO B
Place each lens in the correct side of the case.



PHOTO C
Fill the case with new disinfecting solution.

4 Case & Tool Care

Take good, consistent care of your scleral lens equipment.

- Dump old solution once your lenses are on. Do not close the case while wet. Let it air dry between uses.
- Clean your case and tools **2–3 times per week** with alcohol wipes, or soak in 3% hydrogen peroxide for 3 hours.
- Rinse with sterile saline or scleral lens filling solution.
- Let everything air dry completely on a clean tissue or paper towel before use.
- **NEVER** use tap water to clean your lenses, case, or tools.

REPLACEMENT TIMING

3 MONTHS	1–2 YEARS
Lens case and scleral lens tools	Scleral lenses, as directed by your doctor

! **Call your eye care provider** if you notice redness, pain, light sensitivity, or a sudden change in vision. Remove your lenses and do not wear them until you are seen.

For information about saline and cleaning solutions, please refer to the **Scleral Lens Care Essentials Guide**.