

Department of Optometry, Oxford Eye Hospital

# Care of your Scleral Contact Lenses

Information for patients



# Please read ALL the instructions carefully

- **Always** wash and dry your hands thoroughly before inserting or removing your lenses. To make sure you do not catch your eye with your fingernails, we recommend that you keep them short.
- Work over a clean, flat surface so that if the lens falls out it will not be damaged. Put the plug in if working over a sink!
- Use the scleral contact lens case provided. Eye infections may occur due to poor lens case hygiene. There is no point putting a clean lens into a dirty case! Make sure it is kept clean and dry. If you require a new case, because of damage or soiling, please contact the Department.

## Lens Insertion

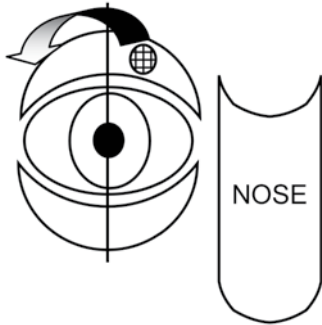
1. Place a few drops of contact lens cleaner on the lens and rub both sides of the lens gently. Rinse the lens with saline then fill the lens with non-preserved saline from one of the vials.
2. Hold the lens between your index finger and thumb with the bulk of the lens away from you. Do not tip the lens. If possible rotate the lens so the narrower part of the lens is towards your nose and the wide part to the side of your head.

3. Placing a clean towel on your lap tuck your chin into your chest so that your head is well down. Your face should be parallel with the floor.
4. While looking towards your chest, slide the lens under the top lid keeping the lens as horizontal as possible. Once the lens is under the top lid, pull the top lid down, over the scleral lens and over the lower lid. Firmly hold the top lid closed against the bottom lid then gently pull/roll out the lower lid from underneath the lower rim of the lens.
5. It is useful to have a tissue handy to help grip the lower lid at this stage. You can then raise your head and look up.
6. Check to see there is no bubble under the lens. If there is a bubble and it is affecting your level of vision you need to remove the lens and reinsert it.

**Here are a few tips if you have a problem with bubbles on insertion:**

- Make sure your head is horizontal during insertion.
- Make sure that the lens is full of saline and that it has not tipped as you slide it under the top lid.
- Try to get the whole insertion motion smoother and slicker!

# Lens Removal



1. Raise your chin slightly and look as far down as you can.
2. Put your index finger on the top lid marked by the hashed circle parallel to the eyelash base.
3. Gently manoeuvre the top lid wider than the top edge of the lens.
4. Tighten the lid by pressing the lid flatter to the eye. Move the lid quite firmly and slowly in a circular up and outward arch as shown by the arrow.
5. As the lens begins to lift off your eye slowly look up.
6. Be ready to catch the lens in the other hand or else let it fall on to a soft surface.

# Use of a lens sucker

If you have been advised to use a sucker to remove your lens, place the sucker on the front of the lens surface. Using small pulsing movements, ease the lens out, freeing either the lower or upper part of the lens first.

# Care of the lenses

Clean: Place several drops of cleaner (Miraflo or equivalent) onto the lens and rub gently for 30 seconds on each side.

Rinse: Rinse all the cleaner away using saline.

Store: Carefully dry off any excess moisture using a lint free tissue and store completely dry in the clean dry case provided.

# Obtaining saline for insertion

Saline comes in two different formats, preservative free in vials or with preservative in bottles. The saline used with your sealed scleral lens needs to be chosen carefully as it remains in contact with the front of the eye all the time the lens is worn. Some will be able to tolerate saline with preservatives but we would advise preservative free.

## Preservative free saline

- Saline steripod vials (100 x 20ml) through GP on prescription or over the counter at a pharmacy.
- Amidose saline can be obtained through your local Optician (alternatively you can purchase it directly: Amidose supplies, John Evans, Abatron Ltd, Sandy, Bedfordshire. Tel (01767) 261333.
- Spray saline is not advised because the gas gets trapped behind the lens.

## Preservative saline

- Purite (sometimes called Ocupure) saline (Manufacture AMO)
- CIBA saline (Manufacturer CIBA)
- Bausch & Lomb sensitive eyes saline (Manufacturer B&L)

## How long to wear your lenses

On the first day we recommend ..... hours of wear.

Increase the wearing time by ..... hours a day.

Feel free to split the wearing times during the day with periods of non-wear.

Do not exceed more than ..... hours of wear in one day.

# Points to remember

- Try to avoid wearing your lenses if you have a bad cold or flu. In particular, do not wear your lens if you have any sign of eye infection such as redness, soreness or discharge.
- If your eye becomes red, inflamed, sticky or uncomfortable – **REMOVE THE LENS**. If the eye is still painful then please contact the:

Optometry Department

Monday to Friday 9.15am - 5.30pm

Tel: 01865 234740

or

Eye Casualty

Open 24 hours daily

Tel: 01865 234800

- Always keep your aftercare appointments. If the time is inconvenient please contact the:

Patient Contact Centre

Monday to Friday: 8am - 6pm

Tel: 01865 231405

- Never wear your lenses overnight.
- Do not wear your lenses for longer than your optometrist advises.
- Never wear a damaged lens. If you need a replacement contact the Optometry Department on 01865 234740.

- If the lens is uncomfortable once inserted, remove, clean and rinse carefully with saline and check again that it is not damaged. Make sure you have no air bubbles under the lens. If the lens remains uncomfortable, remove it and contact the Optometry Department on 01865 234740.
- Always use fresh solutions daily. Always use the solutions recommended by your Optometrist. If in doubt, contact the Optometry Department to check solution compatibility.
- Do not touch the tips of the bottles with your finger or lens, or you may contaminate the solution. Always replace the lid on your solution bottles and keep away from direct sunlight and heat.

Look after your lenses and enjoy them!

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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