

## YOUR VAMC EYE CLINIC

### Facts about Scleral Lenses...

What is a scleral lens? Scleral lenses are special large diameter rigid gas permeable lenses. By filling the lens with a preservative free saline solution and placing it on the cornea/sclera of the eye, it assists in management of anterior eye surface disease.

**How do I insert the lens?** Always wash/dry hands prior to lens insertion.

- Use a large Contact Lens Plunger as a holder and make sure the lens is centered
- Fill the lens to above the top edge with UNISOL saline (unpreserved saline)
- Bend at the waist and look into the lens to insert it successfully

*Look into the mirror and be sure there is no insertion bubble. If no bubble is seen, then you are safe to wear your lens. If there is a bubble, remove and re-insert. Remember to remove your lens at least one or two times during the day to rinse and fill with fresh saline.*

**How do I remove the lens?** Always wash/dry hands prior to lens removal.

Moisten the plunger with a few drops of saline solution.

- Use the smaller Contact Lens Plunger as the remover
- Look into a mirror and place at the lower nasal edge of the contact lens, then lift the edge of the lens to remove (see diagram)



### Cleaning Regimen for Scleral Lenses :

#### 3 step use of CIBA Clear Care Solution

1. Place the lens in the special basket case and rinse with the Clear Care Solution.
2. Fill the entire container with Clear Care Solution.
3. Place the basket into the solution and allow them to soak for **at least 6 hours** prior to inserting the lens on the eye.

*After your lenses have been cleaned, be sure to discard any excess solution left in the case. Rinse the lens cup, holder, basket, and case with fresh Clear Care and allow them to air dry.*

**Clear Care should never be used to just rinse your contact lens!**

**If you need to just rinse the lens, use Unisol Unpreserved Saline Solution.**