

## SCLERAL LENS APPLICATION AND REMOVAL

### THREE-FINGER METHOD

Always have clean hands when handling scleral contact lenses. A mirror and a clean towel underneath the area can be helpful. Always start with the same eye to avoid mixing up lenses.

#### APPLYING LENSES



Rinse lens with a preservative free saline solution



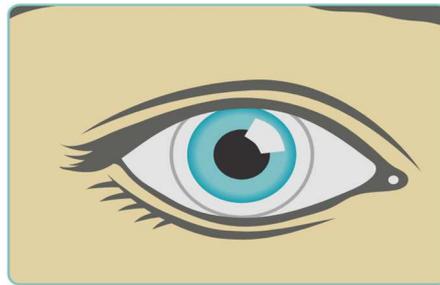
Centre the lens on your thumb, index & middle fingers



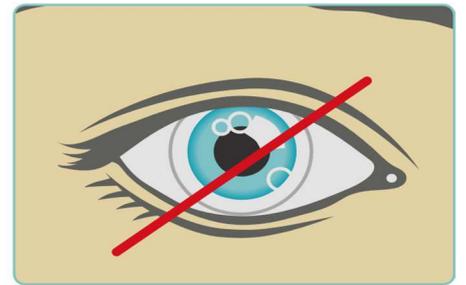
Fill the lens with prescribed solution, forming a convex shape. Don't let it overflow.



Bend over and look straight down. While holding your eyelids wide open, set the lens on the centre of your eye.



Blink. Blot excess solution. Make sure the lens is centred and comfortable.



Air bubbles can cause discomfort, poor vision and unusual glare. If any air, reapply.

#### REMOVING LENSES

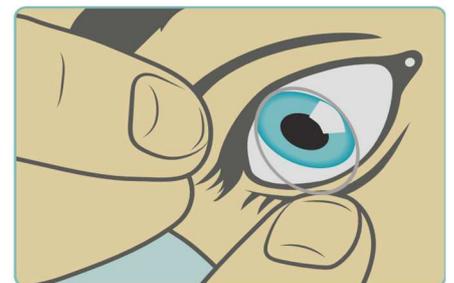
It can be removed with a plunger – see reverse.



Insert 1-2 drops of prescribed solution to help loosen the lens.



Pull your lower eyelid down and then up to get it under the lower edges of the lens. Press upward to loosen the lens.



While leaning over a towel, lift the edge of the lens with your other hand and remove the lens.

## SCLERAL LENS APPLICATION AND REMOVAL

### PLUNGER METHOD

Always have clean hands when handling scleral contact lenses. A mirror and a clean towel underneath the area can be helpful. Always start with the same eye to avoid mixing up lenses.

#### APPLYING LENSES



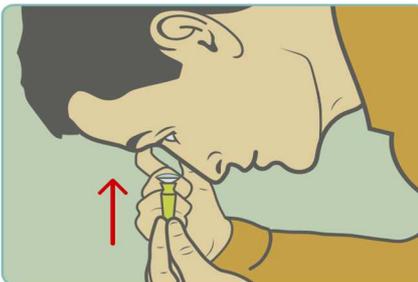
Rinse lens with a preservative free saline solution



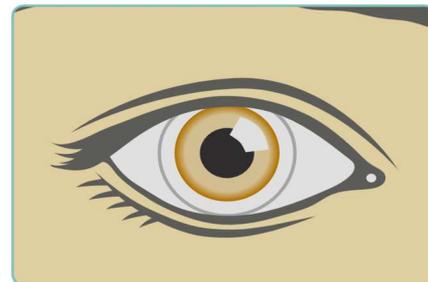
Set the lens on the centre of the plunger



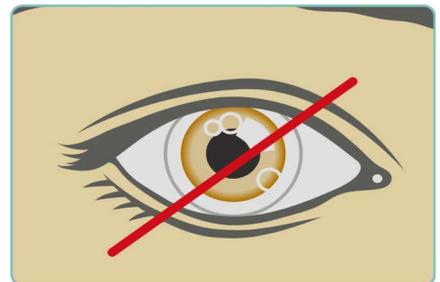
Fill the lens with prescribed solution, forming a convex shape. Don't let it overflow.



Bend over and look straight down. While holding your eyelids wide open, set the lens on the centre of your eye.



Blink. Blot excess solution. Make sure the lens is centred and comfortable.



Air bubbles can cause discomfort, poor vision and unusual glare. If any air, reapply.

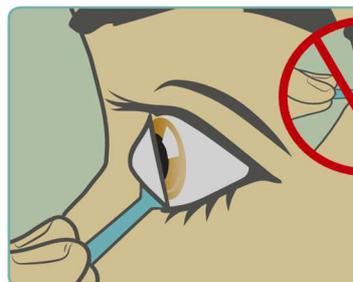
#### REMOVING LENSES



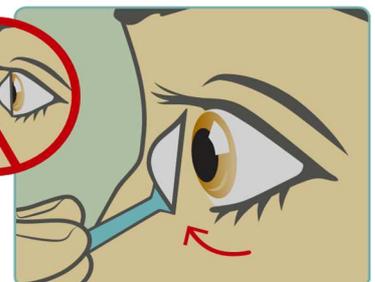
Insert 1-2 drops of prescribed solution to help loosen the lens.



Wet the plunger with 1-2 drops of prescribed solution



Gently attach the plunger to the edge (NOT the centre) of the lens



Gently tilt up and out on the lens and carefully remove it from your eye