

Optometry Department

Instruction Leaflet for Scleral Contact Lens Wearers

You have been prescribed a scleral contact lens to wear. This leaflet will explain how to care for your new contact lens.

As with all contact lenses, hygiene is very important to reduce the risk of complications. The lenses and the storage case need to be kept clean to reduce the risk of infection. If the lenses are not cleaned sufficiently, tears will not spread evenly over the lens when in the eye, causing blurred vision.

- Always wash and dry your hands thoroughly before inserting or removing your lenses
- Take care not to catch the lens or your eye with your fingernails – keep them short
- Work over a clean, flat surface, or if rinsing over a wash basin, remember to put the plug in first
- Use saline solution to rinse your lenses and cases – do NOT rinse them with tap water as this can cause serious eye infections
- To minimise the possibility of mixing your lenses up, it is a good idea to get into the habit of always inserting and removing the same lens first.

Lens Insertion

- Remove the lens from the case and rinse with saline solution or conditioner solution.
- Fill the lens with unpreserved saline (Amidose, Steripod, Celluvisc 0.5% or preservative free hypromellose).



Patient Information

It is necessary to use the sense of touch rather than sight to insert this kind of lens. A mirror is of limited value as it is necessary to look down when inserting the lens.

- Hold the scleral lens between your thumb and forefinger.
- Lean forward so that your face is parallel to the floor and look down as far as possible to your chin. This is necessary to prevent spilling the saline from lens.
- Draw the upper lid upwards with the index finger of the other hand.
- Slide the lens under the upper eyelid as far as possible then physically close the top eyelid over the lens and pull the lower lid down and over the lens. When the lens is in place under both lids, bring your head back up slowly. You may hear a click or squelch as the lens drops in to place.
- Check your vision through the lens. If vision is poor, there could be a bubble within the contact lens fluid. If this is the case, remove the lens and try again.

Sometimes the lens needs to be removed and reinserted at some point during the day. In this case the surface can be rinsed with saline prior to insertion, or multipurpose soft contact lens solution can be used for its cleaning properties.

Lens Removal

After you remove the contact lens from your eye, it must be cleaned before it is put into the storage case in order to remove the microbes and deposits that have built up on the lens during the day.

- Look down but keep your chin upwards.
- Lift the upper lid on the nasal side with the index finger so that the lid is above the upper rim of the lens.
- Gently press the lid against your eyeball and then tighten the lid by drawing the finger towards the temple. This action will push the lid underneath the edge of the lens, relieving the suction. Now look up to eject the lens from the eye and catch it with the other hand, or do this over a table covered with a clean towel to prevent the lens from falling onto the floor.
- Alternatively, use the suction holder as directed.

Patient Information

Lens Cleaning

Most scleral contact lens wearers are advised to use Avizor Ever Clean solution. If your clinician has advised a different solution, you should follow the instructions you were provided with in clinic.

Instructions for using Avizor Ever Clean solution;

- Once the lens is removed from the eye, insert the contact lens into the basket holder of the contact lens case and gently close. Be careful to put your right and left lenses in the correct side of the holder.
- Fill the case up to the indicator line with EverClean solution then put the neutralising tablet into the solution.
- Replace the basket holder into the contact lens case, tighten securely and shake for 5 seconds.
- Leave the case in an upright position for at least 2 hours. You must ensure the neutralising tablet is within the contact lens solution. The solution turns light green after 2 hours to show neutralisation has occurred.
- Your contact lenses are now ready to be removed from the solution and wear again.
- Store the case dry when not in use. Take care not to introduce any water or residual cleaning solution into the case.
- If your lenses are not worn for a few days and have been in the neutralised light green solution for more than 48 hours, you should repeat the disinfection process again with new solution and neutralising tablet prior to wearing.

The surface of a gas permeable scleral lens is subject to deterioration with use and handling. Therefore care should be taken to minimise contact with abrasive or hard surfaces which may scratch the lens surface.

Contact Lens Case Hygiene

- Eye infections can occur due to poor lens case cleaning. The contact lens case should be scrubbed with a dedicated toothbrush on a weekly basis with cooled boiled water. Do NOT use soap in case it is not fully rinsed away. The contact lens case should be replaced at least every 3 months.

Patient Information

Blinking

Correct blinking is very important while wearing contact lenses. Patients should look straight ahead and completely close both eyes slowly and gently, and then re-open after a slight pause. After insertion of the contact lenses, a few gentle blinks will make the lenses comfortable more quickly. For the first few days of wear, patients should ideally aim for 30-40 blinks per minute.

Contact Lens Problems

Occasionally you may experience mild discomfort or redness with your lenses. If discomfort is caused by a dirty, dusty or damaged lens, symptoms will usually improve when the lens is removed. More serious problems, such as corneal infection, are unusual but can cause irritation, pain, redness, tearing or discharge. The eyes may also be sensitive to light and vision may be blurred. In almost all cases of infection, symptoms are not relieved by removing the contact lens.

What are the chances of getting an infection?

Fortunately, sight-threatening contact lens-related corneal infections are rare, affecting about 4 in 10,000 contact lens wearers per year.

If you suspect you have an eye infection or other problem that needs medical attention, do not delay in seeking medical advice.

Dos and Don'ts of contact lens wear

1. Never sleep in your contact lenses.
2. Never wear a chipped or cracked lens as it may damage your eye – always inspect the lens before insertion.
3. Never swim, shower or bathe in contact lenses.
4. Never clean or wet your contact lenses with saliva, tap water, household detergents, chemicals or cleaning fluids.
5. Take care when applying any form of make-up, hairspray or perfume not to get them on the contact lenses. Best practice is to put hairspray on before you insert contact lenses and put make-up on once the contact lenses have been inserted.
6. Always clean your contact lenses as instructed. Most contact lens complications result from poor compliance.

Patient Information

7. Check expiry dates on bottles and how long you can safely keep the solution once the bottle has been opened.
8. If you wear your contact lenses infrequently, change the solution in the case at least once a week.
9. If you have a cold/flu, do not wear contact lenses due to risk of infection.

Aftercare Checks

After you have been fitted with contact lenses, a series of aftercare appointments are necessary for as long as you continue to wear lenses. Aftercare appointments will check that the contact lenses are fitting on your eyes correctly and that the eye surface is healthy. The timing of these checks will vary to suit individual needs, but will increase in frequency up to 12 months between visits. We are happy to see you at more regular intervals, especially if you have any problems or queries, so please call the clinic for advice/an appointment.

For all aftercare visits, you should come wearing your contact lenses (preferably for at least 3 hours that day) and bring your contact lens case and any spectacles with you.

We are responsible for the fitting of the contact lenses, but we are NOT responsible for the detection of other eye diseases (for example glaucoma) which aren't related to contact lens wear. For this reason, it is important that you still attend your local optometrist for regular eye examinations (at least every 2 years).

If you have any queries about the care of your contact lenses, please contact the Contact Lens Clinic on 02476 966516 (**Monday – Friday 09.00am – 05.00pm**).

In an **emergency** contact Eye Casualty 02476 964800 (Monday to Friday 9.00am – 5pm) or your local A&E department.

Patient Information

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact 02476 96 6516 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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