

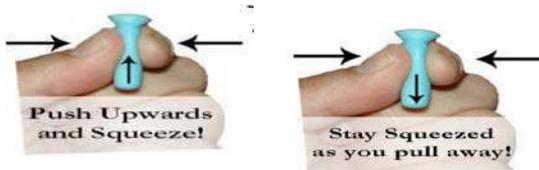
Handling Your Blanchard Scleral Lenses

Applying Your Lens

1. Attach the scleral lens to the plunger. Wet the tip of the plunger and center the lens on the device. Suction will be created.
2. Fill the scleral lens with non-preserved saline to the point of overfill.
3. Bend your head over the mirror and tuck your chin to your chest so that your face is parallel to the floor.
4. Grasp your upper lid with your free hand at the lid margin pulling it up to the brow. Use the thumb of this hand to pull the lower lid downward opening the eye wide. Keep *both* eyes wide open while looking directly in the mirror. Apply the lens to the eye



5. You will first feel the fluid, but then you need to gently push the lens on the eye.
6. Release the lens from the suction device by squeezing completely. Keep pressure against the eye as you do this.



7. The scleral lens is now released from the plunger and is on the eye. Stay squeezed as you bring the plunger away from the eye.

Alternate Methods to Hold Lens



Tripod Method



EZ Ring Method

Key Points for Applying Your Lens

1. Your eye must be **open wide** -the **lid spread** is everything!
2. The **approaching scleral lens** and **plunger** must be **centered** within that opening. Use the center hole in the plunger as your reference point.
3. The plunger must be **vertical**. Your scleral lens must retain the non-preserved saline to **avoid bubbles**.
4. **Overfill** your scleral lens to improve your chances of a bubble-free application.



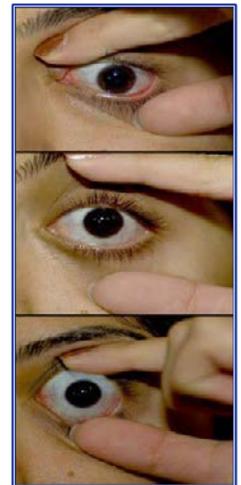
The lens needs to be completely full of non-preserved saline and then some. You will notice the solution becomes rounded as you overfill the lens.

The Lid Spread Is Everything!

Incorrect! Fingertips are not centered. Lid spread is not a perfect circle!

Incorrect! Lids slipped from **fingertips**. Lids are not open wide enough.

Perfect! A perfectly round opening has been created with plenty of clearance for a scleral lens



Check for Application Bubbles:

If the lens does not stay full of saline during application, you may find that you have air bubbles under the lens. The bubbles will not go away without removing the lens and reapplying. Signs of a bubble will be slight discomfort and or blurred vision. You may be able to see the bubbles if you look in a mirror.



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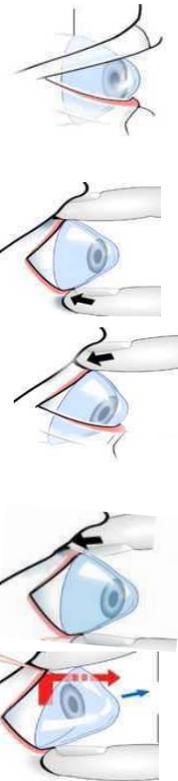
Removing Your Lens

1. Lubricate your eye thoroughly with a non-preserved artificial tear supplement or saline.
2. Wet a removal plunger with artificial tears or saline.
3. Hold the plunger at a 45 degree angle, aimed at the 6 o'clock position of the scleral lens.
4. Gently press the plunger against the device and rotate the plunger away. When the lower edge of the lens has broken suction, you can then remove the scleral lens slowly in a downward arc. **DO NOT** release the lids until the scleral lens is out of the eye.
5. Remove the scleral lens from the plunger by twisting and removing it towards the edge of the lens until the plunger is free of the lens.



How to Remove Your Scleral Lens without a Plunger

1. Wash your hands thoroughly with water and a non-moisturizing soap and dry.
2. Press the tip of the index finger on the very edge of the upper lid at the 12 o'clock position and gently push it into your eye just above the top edge of the lens.
3. Block the lens from moving down by pressing the tip of your index finger of your other hand on the **very edge** of your lower lid just below the bottom edge of the lens.
4. Look upward until you feel the lens being blocked by pressure on the upper lid margin.
5. Scoop the upper edge of the lens off the eye with the upper lid margin, look up further and blink slowly to remove the lens.



Solutions and Disinfection

To maintain the health of your eyes and to prevent infections, scleral lenses must be cleaned and disinfected each time they are worn. The solutions recommended to you could vary from those of another person wearing scleral lenses based on your specific needs. Some of the solutions recommended for proper care may be Boston Simplus®, Optimum by Lobob®, CLEAR CARE PLUS® by Alcon, and AddiPak® Unit Dose Vials of Sterile 0.9% Inhalation Saline by Hudson RCI. Biotrue™ by Bausch and Lomb may also be used to promote lens surface wetting.



Caring for your Scleral Lenses

1. Place bowl side down on palm of hand and apply a few drops of cleaning solution. With pad of finger, rub back and forth gently.
2. To clean the inside of the lens, rub from the center to the outer edge, outward at 12:00, 3:00, 6:00 and 9:00 o'clock.
3. Tough spots can be cleaned with a Q-Tip and cleaning solution when necessary.
4. Non-preserved saline solution such as AddiPak will be used for filling the bowl and rinsing lenses as needed. Boston Simplus or Optimum ESC will be used as a cleaning solution.
5. Store lenses in a clean and dry contact lens case in the recommended disinfection solution.
6. Cases should be rinsed with hot tap water and allowed to air dry. Application and removal plungers should be cleaned with alcohol and allowed to air dry.

RSVP

Redness; **S**oreness; **V**ision Loss; **P**ain

If at any time during lens wear you notice any unusual redness, the eye becomes sore, your vision changes or decreases or you experience pain – **REMOVE** your lenses and call your eyecare professional!

You will be given a customized wearing schedule and solution Rx. Do not make any changes without consulting your contact lens professional! Enjoy your scleral lenses!