

How to Handle and Care for Your Blanchard Scleral Lenses



Congratulations at becoming a scleral lens wearer! Your Blanchard scleral lenses will provide you with exceptional vision and comfort. The contact lens will maintain a liquid filled vault between its back surface and the front surface of your cornea. This soothing environment will maintain comfort throughout your wearing time and provide a healthy environment for your cornea.

Applying and Removing Your Lenses

-Before You Apply the Lens

You will be removing the lenses from the case that has been used to disinfect the lenses. Just prior to handling the lenses, it is important that you wash your hands. The soap that you use needs to be free of lanolin, lotion or perfume. These additives can transfer to the surface of the lens and cause it to become non-wettable. Dry your hands with a lint-free towel.

Applying Your Blanchard Scleral Lens

There are many methods that can be used to apply your scleral contact lens. A popular method is to use an application device, sometimes referred to as a plunger. This manual will demonstrate this method to you, but you may view alternate methods on the Blanchard website at the following link:

http://www.blanchardlab.com/index.php?option=com_content&view=article&id=145&Itemid=100079



Application Device (plunger)

Key Points for Applying Your Scleral Lenses

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.



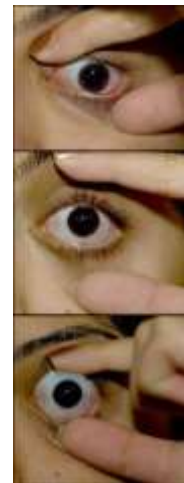
The lens needs be completely full of non-preserved saline and then some. You will notice the solution becomes rounded as you overfill the lens.

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.

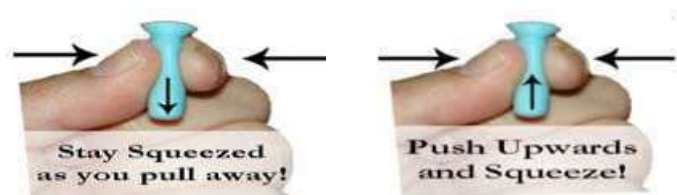


Applying Your Scleral Lens Using A Plunger

1. Attach the scleral lens to the plunger. Wet the tip of the plunger with non-preserved saline. Place the scleral lens on the plunger in a centered position. A suction will be created that will hold the lens to the plunger. You can confirm that the lens is centered on the plunger using the hole in the plunger as a reference point.
2. Fill the scleral lens with non-preserved saline to the point of being overfull.
3. Bend your head over the mirror and tuck your chin down toward your chest so that your face is parallel to the floor.
4. Grasp your upper eye lid with the index finger of you free hand, holding the edge of the lid just under the lashes. Hold your lower eyelid open with you thumb and keep both of your eyes open as wide as possible. Look into the mirror as you place the scleral lens directly on the surface of your eye. Apply the lens.



5. You will feel the fluid but you are not there yet. Gently press the lens onto the eye.
6. Release the scleral lens from the plunger by squeezing completely. Maintain the upward pressure against the eye, while squeezing to release the lens.



7. The scleral lens has now been released into your eye! Stay squeezed while you retract the plunger away from the eye.

Alternate methods for holding the lens:



Left: Tripod technique .Right: EZ Ring Inserter

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 you must remove the lens and reapply. 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.



Removing Your Scleral Lens

With a plunger: The removal plunger is smaller than the application plunger and will not have a hole in the center of the device.

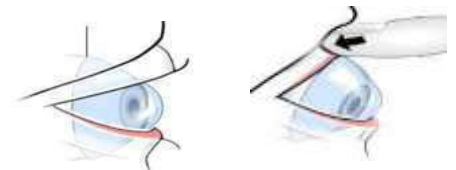


1. Lubricate your eye thoroughly with preservative-free artificial tears or preservative-free saline.
2. Wet a removal plunger with artificial drops or saline.
3. Hold the plunger at a 45 degree angle, aimed at the 6 o'clock position of the scleral lens.
4. Gently press the plunger against the scleral lens and rotate the plunger away. When the lower edge of the lens has broken suction, you can then slowly remove the scleral lens 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 non-moisturizing soap and water 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, the scleral lens 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 (Amazon.com). 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 & apply a few drops of cleaning solution. With pad of finger, rub back & 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 & 9:00 o'clock.
3. Tough spots can be cleaned with a Q-Tip & cleaning solution when necessary.
4. Non-preserved saline solution such as AddiPak will be used for filling the bowl & 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.

To enhance the wetting of the lens surface, Biotrue® Multipurpose Solution by Bausch and Lomb can be used. After removing the scleral lens from the disinfecting solution, place the lens in your hand and squeeze a generous amount of Biotrue® on the surface. Rub the solution on the lens for several seconds until the solution starts to become soapy and/or pasty. Rinse again with Biotrue™ and then fill the bowl with the non-preserved saline and apply to the eye-

Customized Solution Rx:

Recommended Wearing Schedule:

Day 1 _____ Day 6 _____

Day 2 _____ Day 7 _____

Day 3 _____ Day 8 _____

Day 4 _____ Day 9 _____

Day 5 _____ Day 10 _____

Additional Instructions:

RSVP

Redness; Soreness; Vision loss; Pain

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

Where do I buy solutions?

You can usually find the solutions recommended at your local pharmacy. Application and removal plungers are available from your eyecare professional or can be purchased at www.thedryeyeshop.com.

The 0.9% Sodium Chloride Inhalation saline should be available through your local pharmacy, but can also be purchased through Amazon.com. It is recommended that you purchase 3ml vials in the 100 unit size.

Our Practice Contact information:

Emergency Contact Number:

