

# Healthy Scleral Contact Lens Habits

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Congratulations on your new Scleral contact lenses!

To ensure continued success with your Scleral lenses, review these healthy lens habits.

- Wash your hands thoroughly with soap, rinse and dry them before handling your lenses.<sup>1,2</sup>



- Do not use tap water to clean or handle your lenses or to clean the case.<sup>3-7</sup>



- Your solution has been chosen specifically for your type of lens. Do not change without discussing this with your eye care professional. In addition, contact lens solutions should not be used after the expiration date.<sup>8-12</sup>

Your recommended solution for:

- **cleaning** is \_\_\_\_\_
- **soaking** is \_\_\_\_\_
- **filling** is \_\_\_\_\_

- To maintain comfortable lens wear, rub your lenses after removal with the recommended **cleaning** solution to remove protein, oil and make-up.<sup>13-15</sup>

- Prior to insertion, the lens should be filled with a non-preserved **filling** solution to avoid corneal toxicity. Pay close attention to the expiration date.<sup>16-18</sup>

- Store brand solutions are often old formulations of solutions and may not be compatible with your type of lens.<sup>19-22</sup>

- Always recap your solution bottle after each use.<sup>1,23</sup>



- Do not sleep with scleral lenses.<sup>18</sup>



- If you have a spare pair, it should be stored dry and in a case until needed. Before using, clean the lens(es) with the **cleaning** solution and store in **soaking** solution overnight prior to application.<sup>24</sup>

- Before using any type of eye drop (medication or artificial tear), ask your doctor if the lenses need to be removed.<sup>25-27</sup>



- Completely empty the solution in the lens case every day. Never add more solution if there is solution already there.<sup>15, 28-30</sup>



- Clean the case with your **soaking** solution and let air dry completely, uncapped and upside down, on a paper towel. It is recommended to replace your case at least every 3 months.<sup>2, 28, 31-34</sup>



- Healthy lens wear should not induce redness, discomfort, or visual disturbance. If you have any concerns remove your lenses and consult your eye care professional.<sup>35-36</sup>

Your next contact lens checkup is:

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