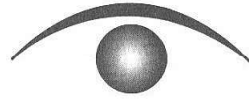


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Sccleral Lens Information Sheet

This document contains important information regarding the safety and care of your new scleral lenses. Read this document in its entirety before using your new lenses. Contact our office if you have any questions regarding cleaning, storing, handling, inserting, or removing your new lenses. **If you are experiencing any redness, discomfort, pain, decrease vision, mucous, or discharge with your new lenses, contact our office immediately. Do not wait until your next office visit to voice these concerns.**

- 1) Your ZenLens scleral lens is NOT approved for overnight wear**
 - a. It is important that you do not sleep in your contacts. Sleeping in contacts that are not approved for overnight wear is very dangerous. The risks include red eyes, dry eyes, and infection which could lead to vision loss or even loss of the eye.
- 2) It is very important to fill the scleral lens completely with your LacriPure or ScleralFil solution so that it overflows to avoid ocular surface damage**
 - a. Only use the preservative free solutions that we recommend to fill the lenses
 - b. Be sure to assess the lens for any bubbles after inserting it onto the eye. If any bubbles are seen, it is very important to remove the lens and repeat the insertion process until there is no longer a bubble noted.
- 3) Use only the care system we prescribed for use with your scleral lenses**
 - a. Store your lenses in fresh solution every night. After inserting your lenses for the day, empty your case of used solution and leave your case open to air dry before storing your lenses again.
 - b. We recommend that you use the following care system with your lenses:
 - i. _____
- 4) Be careful to use your cleaning, rinsing, and disinfecting solutions as directed.**
 - a. Make sure you clean your lenses every day. Please call us if you're not sure how to properly care for your lenses. Do not use anyone else's solutions or case, or let them use yours, in order to avoid cross-contamination.
- 5) Always wash and dry your hands before handling your scleral lenses.**
 - a. Avoid soaps with moisturizers or abrasives. Be careful not to use hand or skin creams just prior to inserting your lenses. Insert your lenses first, then apply makeup.
- 6) Avoid wearing your lenses in any environment where you could be exposed to toxic fumes or where toxic substances could splash into your eyes.**
 - a. Wear eye protection while working with tools, playing sports, or in any other environment

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- 7) Always have a pair of glasses with your latest prescription in them.**
 - a. It is recommended that you wear your glasses 30 min prior to inserting your lenses and for an hour after removing your lenses in order to provide your eyes with a break from the lenses. If possible, try to wear your glasses more on weekends or when you have time off to give the eyes more of a “rest” from wearing the scleral lenses.

- 8) A mnemonic to keep in mind is that your eyes should “Look good, feel good, see good” while wearing your scleral lenses.**
 - a. If they don’t, contact our office for an evaluation.

- 9) NEVER insert a scleral lens that is red, irritated, or painful.**
 - a. If your eye looks or feels like this, contact our office to be seen for an evaluation to rule out an infection

- 10) Do not let anyone else wear your scleral lenses.**
 - a. The lenses are specifically designed to your eye shape, and allowing others to wear them could result in injuries or infections.

- 11) It is important that you return for your scleral lens follow ups and progress evaluations within the requested time frame (due to lens warranty expirations).**
 - a. The 90 day evaluation period begins at the time of the first lens order. Returning for your scheduled follow ups will ensure that we are able to provide a properly fit lens, without any extra charges to you by the manufacturer.

- 12) It is important to use the proper tools within your kit for inserting and removing your scleral lenses safely.**
 - a. Make sure your plungers are properly cleaned whenever using them to insert or remove your lenses.

- 13) Recommended wear schedule:**
 - a. Day 1: 4 hours
 - b. Day 2: 6 hours
 - c. Day 3: 8 hours
 - d. Day 4: 8-10 hours

- 14) Wear your lenses for at least 1 hour before each follow up appointment.**
 - a. It is important that the lens has “settled” into its most natural position before we assess the fit and vision, in order to provide you with the best lens possible.

- 15) Your fitting must be completed within 90 days of your initial lens order.**

You can also watch the insertion and removal education video at anytime at <https://sclerallens.org/for-patients-2/patient-videos/>