

Application & Removal Tips

When handling scleral contact lenses, always wash and dry your hands and follow the lens care instructions provided by Dr. DeNaeyer.

There are two methods of application and removal, the first described here uses a contact lens plunger.

METHOD 1: APPLICATION

1. Center the lens on the plunger.
2. Fill the lens with 0.9% Sodium Chloride solution.
3. Lean forward, look down, and open eyelids as widely as needed.
4. Apply the lens.
5. Discard the solution vial. The vials are non-preserved and may become contaminated if stored for later use.

METHOD 1: REMOVAL

Since the scleral lens is large, the capillary forces which hold the lens on the eye are powerful. Removal is always best done by first lifting the edge to eliminate this force. Attempting to pull the lens from the center will create negative pressure and rarely be successful.

1. First, moisten the plunger with a few drops of saline solution.
2. Place the plunger on the lens at the temporal EDGE so that the plunger is just inside the lens.
3. Lift the EDGE of the lens and remove the lens from the eye.

*Following removal of the scleral lens, follow the lens care instructions provided by Dr. DeNaeyer.

**Clean plungers with alcohol pads before and after each use.

Please watch a comprehensive video on using scleral lenses; www.sclerallens.org/how-use-scleral-lenses

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METHOD 2 : APPLICATION

1. Since it is difficult to balance a large lens on a single finger, it is best to form a “tripod” with the thumb, index, and middle finger, and place the lens on these fingers.
2. Fill the lens with 0.9% Sodium Chloride solution.
3. Lean forward, look down, and open eyelids as widely as needed.
4. Apply the lens.

METHOD 2: REMOVAL

Since the scleral lens is large, the capillary forces which hold the lens on the eye are powerful. Removal is always the best done by first lifting the edge to eliminate this force. This method uses the eyelid to lift the lens edge.

1. With the head held in the straight ahead position, look up slightly, about 20 degrees.
2. With the index finger, pull the lower eyelid temporally and then up to get the eyelid under the lower edge.
3. Lift the EDGE of the lens.
4. With the other hand, grab the lens and remove it from the eye.

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