

Insertion & Removal Tips

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

There are two methods of Insertion and Removal, the first described here uses a contact lens plunger. The blue plunger is for insertion and the white is for removal.

METHOD 1:: INSERTION

Before INSERTION, it is best to rinse the lens with Unisol 4 non-preserved or B& L sensitive-eye saline solution before applying the lens. (Tear circulation with a scleral lens is less than with smaller corneal lenses therefore, preservatives in the soaking solution remain in contact with the cornea longer and this increases the chance of a reaction to these solutions).

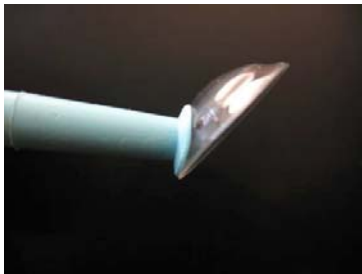
1. Center the lens on the blue plunger.
2. Fill the lens with Unisol or B&L Sensitive Eyes solution.
3. Lean forward with your head down and open eyelids as wide as needed, apply the lens and squeeze plunger to release.



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 will rarely be successful.

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



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METHOD 2 :: INSERTION

Before INSERTION, it is best to rinse the lens with Unisol 4 non- preserved or B&L sensitive-eye saline solution before applying the lens. (Tear circulation with a scleral lens is less than with smaller corneal lenses therefore, preservatives in the soaking solution remain in contact with the cornea longer and this increases the chance of reaction to these solutions).

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. Lean forward, look down, and open eyelids as wide as is needed.
3. 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 temporarily 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.

Caring for Your Scleral Lenses

Dr. DeNaeyer generally recommends using a multi-purpose care system for cleaning and disinfection. Specific brands are recommended for each patient depending on their needs.

