

Welcome to Your New Scleral Lens Experience!

This instruction leaflet will provide you with all the essential information you need to know as a first-time scleral lens wearer.



Hilliar & Gray
OPTOMETRISTS
for your professional eye care

Getting Started:

Step 1 Cleanliness is Key

Before handling your scleral lenses, wash your hands thoroughly with a mild, oil-free soap and dry them properly. Ensure that your hands are clean and dry.

Step 2 Inspect Your Lenses

Inspect your lenses to ensure they have no dirt or damage before inserting them. If you notice cracks, marks, or anything unusual, do not use the lenses. Contact your eye doctor immediately.

Step 3 Prepare Your Lenses

Prepare a clean towel or cloth and place a mirror on it facing upward so that you can clearly see yourself when inserting your lenses.

Step 4 Inserting Your Lenses

Place the lens on the insertion stick (sucker stick). Fill it completely with the saline solution prescribed by your eye doctor to avoid air bubbles. Tilt your head downward toward the mirror. Use the hand not holding the lens to open your eye and gently insert the lens. Press the sucker stick to release the lens. Close your eye briefly and reopen it.

Step 5 Removing Your Lenses

Wash and dry your hands. Look upward and place the small plunger near the bottom of the lens (not the centre). Gently rotate and lift to remove the lens. Do not place the plunger in the centre, as this may harm your eye.

Step 6 Cleaning and Care

At night, place the lens in the Aosept basket and close it carefully without pressing the lens. Fill the container to the marked line with Aosept and place the basket inside. Bubbling means the lens is cleaning. Leave for 6–8 hours. If not soaked long enough, it may sting the eye. Replace the solution nightly. The next morning, fill with saline solution and wear.

Step 7 Follow Your Eye Care Professional's Instructions:

Your optometrist or their assistant will give you instructions regarding the care of your eyes. Follow their instructions regarding wearing time, cleaning, and additional tips for caring for your lenses.

Step 8 Listen To Eyes

If you experience any discomfort, redness, or changes in vision while wearing scleral lenses, remove them immediately and contact your optometrist. It is important to address and report any problems as soon as possible to ensure the health and comfort of your eyes.

Congratulations on taking the first step towards clearer vision and greater comfort with your scleral lenses!

We understand that wearing scleral lenses for the first time can be a bit daunting, but don't worry, we're here to guide you through the process.



Additional Tips:

- Avoid using tap water or saliva to rinse your lenses, as they may contain harmful bacteria.
- Never sleep in your scleral lenses unless specifically instructed by your eye care professional.
- Attend regular follow-up appointments with your optometrist to monitor your eye health and the fit of your lenses.
- You need two different tools (sticks) to use your scleral lenses, one large and one small. The larger stick (sucker stick) is used to insert your lens. The smaller stick (plunger) is used to remove your lens.
- Do not wash or swim while wearing your lenses. If you wish to swim, wear swimming goggles over your lenses. In the morning, wash yourself before putting on your lenses so that they do not come into contact with water.

Remember, wearing scleral lenses may take some time to adjust to, but with patience and proper care, you'll soon enjoy the benefits of clearer vision and improved comfort. If you have any questions or concerns, don't hesitate to reach out to your eye care professional for assistance.