

# Siyakwamukela Kulwazi Olusha Lwe-Scleral Lens Yakho!

Le ncwajana yemiyalelo izokunikeza yonke imininingwane ebalulekile okudingeka uyazi njengomuntu ogqoka i-scleral lens okokuqala



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## Ukuqala:



### Isinyathelo 1

Kumqoka ukuhlanzeka

Ngaphambi kokuphatha ama-scleral lens akho, gezisisa izandla zakho ngensipho ethambile engenamafutha, bese uzomisa kahle. Qinisekisa ukuthi izandla zakho zihlanzekile futhi zomile.



### Isinyathelo 2

Hlola ama-lens akho

Hlola ama-lens akho ukuze uqinisekise ukuthi awanawo udoti noma ukulimala ngaphambi kokuwafaka. Uma ubona imifantu, izimpawu, noma okunye okungajwayelekile, ungawasebenzisi ama-lens. Xhumana nodokotela wakho wamehlo ngokushesha.



### Isinyathelo 3

Lungisa ama-lens akho

Beka ithawula noma indwangu ehlanzekile lapho uzosebenzela khona ngesikhathi ufaka ama-lens akho. Beka isibuko phezu kwethawula sibheke phezulu ukuze ukwazi ukuzibuka kahle ngesikhathi ufaka ama-lens emehlweni akho.



### Isinyathelo 4

Ukufaka ama-lens akho

Beka i-lens endukwini yokufaka (sucker stick). Yigcwalise ngokuphelele nge-saline solution oyinikezwe udokotela wakho wamehlo ukuze ugweme amagwebu omoya. Gobisa ikhanda ubheke phansi esibukweni. Vula iso ngesinye isandla esingaphethe i-lens, bese uyifaka kahle. Cindezela i-sucker stick ukuze i-lens ihlale kahle. Vala iso umzuzwana bese uyalivula futhi.



### Isinyathelo 5

Ukukhipha ama-lenses

Geza izandla uzomise. Bheka phezulu, ubeke i-plunger encane ngaphansi kwe-lens (hhayi phakathi), uyijikise kancane bese uyiphakamisa ukuze uyikhiphe ngobumnene. Ungayibeki phakathi nendawo ngoba kungalimaza iso lakho.



### Isinyathelo 6

Ukuhlanza nokunakekela

Ebusuku, faka i-lens kubhasikidi we-Aosept, uvale kahle ngaphandle kokuyicindezela. Gcwalisa i-container nge-Aosept kuze kufike kulayini bese ufaka ubhasikidi phakathi. Amagwebu abonisa ukuthi i-lens iyahlanzeka. Yishiye amahora angu-6-8. Uma ingahlali isikhathi esanele, ingancinza iso. Shintsha i-solution njalo ebusuku. Ngakusasa, yigcwalise nge-saline solution bese uyayigqoka.



### Isinyathelo 7

Landela Imiyalelo oyinikwe udokotela wakho wamehlo

Udokotela wakho wamehlo noma umsizi wakhe uzokunikeza imiyalelo ehambisana nezidingo zamehlo akho. Landela iziqondiso zabo mayelana nesikhathi sokugqoka ama-lens, indlela yokuwahlanza, kanye namanye amathiphu okunakekela amehlo akho.



### Isinyathelo 8

Lalela Amehlo

Uma uzwa noma yikuphi ukungakhululeki, ububomvu, noma ushintsho embonweni ngesikhathi ugqoke ama-scleral lens, wakhumule ngokushesha bese uthintana nodokotela wakho wamehlo. Kubalulekile ukubhekana nanoma yiziphi izinkinga futhi uzibike ngokushesha ukuze uqinisekise impilo nokukhululeka kwamehlo akho.

Siyakuhlalisela ngokuthatha isinyathelo sokuqala sokubona kahle futhi uzizwe ukhululekile ngama-scleral lens akho!

Siyaqonda ukuthi ukugqoka ama-scleral lens okokuqala kungaba yinto ethanda ukuthusa kancane, kodwa ungakhathazeki, silapha ukukuhola kule nqubo.



### Additional Tips:

- Gwema ukusebenzisa amanzi ompompi noma amathe ukuhlanza ama-lens akho, ngoba angaba namagcikwane ayingozi
- Ngaphandle uma ulayelwe usazi sakho sezempilo yamehlo ungalokothi ulale ugqoke ama-scleral lens akho.
- Ihambela njalo imihlangano nochwepheshe wakho wokunakekelwa kwamehlo ukuze uqaphe impilo yamehlo akho kanye nokulingana kwamalensi akho.
- Udinga izinduku ezimbili ezihlukile ukuze ukwazi ukusebenzisa ama-scleral lens akho, enkulu kanye nencane. Lena enkulu (sucker stick) isetshenziselwa uma ukufaka i-lens yakho. Lena encane (plunger) isetshenziselwa ukukhipha i-lens yakho.
- Ungagezi futhi ungabhukudi ugqoke ama-lens akho. Uma ufisa ukubhukuda, gqoka izibuko zokubhukuda (goggles) phezu kwama-lens akho. Ekuseni, geza ngaphambi kokugqoka ama-lens akho ukuze angathintani namanzi.

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.



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