



EyeSpace™
BY INNOVATUS TECHNOLOGY



Scleral
EyeSpace

Scleral Care & Maintenance

eyespacelenses.com

Care & Maintenance

Safety and Hygiene:

Scleral contact lenses are recognised as a safe form of vision correction. However, incorrect care of scleral contact lenses and solutions can increase the risk of eye infections and corneal ulcers. Risk factors for acquiring an eye infection include improper lens cleaning and disinfection, poor hygiene practices and smoking. Following your practitioner's hygiene regime, along with regular reviews, will minimise this risk. ^{1,2,3,4}

Before handling, removing or inserting your lenses:

Always thoroughly wash your hands with an antibacterial based hand wash and dry them with a clean towel before handling, removing or inserting your lens. Make sure to wash all parts of your hands including between the fingers and dry thoroughly.

- Sit at a table or desk and place a lint-free cloth down to insert and remove lenses. Avoid bathrooms as they often contain more germs than any other room in the home.
- Inspect your lenses for deposits and defects such as chips or cracks. If you notice any defects or if you are unsure whether your lenses are damaged do not wear the lenses and ask your Eye Care Practitioner to inspect them first.
- If you misplace a lens, contact your Eye Care Practitioner for a replacement.



THINGS TO REMEMBER!

- Your lenses should never come into contact with tap water. Tap water contains microorganisms like Acanthamoeba that can cause sight-threatening eye infections.

Removal – Remove lens either manually or with the suction cup

First, ensure you break the seal of your scleral lens. Do this by pressing firmly with your finger on your bottom eyelid just below the lower edge of the lens, then push upwards.

METHOD 1 – SUCTION TOOL

- While looking in the mirror in front of you, hold open your bottom lid. Wet the tip of the suction tool to allow for better adhesion and attach the suction tip to the bottom third of the lens.
- Using the suction tool, remove the lens by tilting the lens up and out of the eye.

METHOD 2 – MANUAL REMOVAL

- Insert a drop of preservative-free saline or artificial tears to loosen the lens.
- To begin, look down onto a flat surface (a mirror or towel can be placed here).
- Using your middle fingers, open the eyelids wider than the lens diameter.
- Apply pressure to the middle of the lid margins (as close to the lashes as you can – you do not want to show any of the red inside surface of your lids), pushing in and together to move your lids under the lens and lever it out of the eye.



Cleaning:

PEROXIDE CLEANING SYSTEMS

Place lenses in the supplied basket holder and fill the case with the hydrogen peroxide solution. If required add the neutralising tablet, replace the lid and tighten. Unless otherwise indicated, the lenses should fit into the basket case with the baskets closing over the lenses. Improper use of the basket case may cause damage to scleral lenses. It is imperative the lenses are not removed before the solution has had six hours to neutralise.

DAILY TWO-STEP CLEANER

As directed by your eye care practitioner, some patients require a daily two-step lens cleaning system. Hold the lens in the palm of your hand and instil one drop of the daily lens cleaner into the bowl of the lens. Gently rub the lens until the liquid foams like soap. Then rinse off with saline and place the lens into the conditioning solution to store overnight.

INTENSIVE CLEANER

To clean and maintain the wettability of your lenses use intensive cleaner. Place the lenses into the contact lens case holders. Open vial A and B by twisting the cap and pour the contents into the contact lens case. Replace the lid and tighten. Leave the lenses in the solution for 30 minutes, then remove and rinse thoroughly with saline. Lenses can now be worn or soaked in your daily cleaner. (please note that this product may not be available in all countries, ask your practitioner).



Cleaning solution	Hydrogen peroxide solution, such as AOSEPT/Clear Care with Hydraglyde, Menicare Plus and Boston conditioning solution
2 Step cleaners	Examples include: Boston Cleaner, Lobob, Ote & Menicon Spray and Clean
Insertion Lubricant	Preservative free saline only
Intensive cleaning solutions	Menicon Progent, Boston daily cleaner or Lobob daily cleaner
Removal Tools	DMV Classic or DMV Ultra contact lens remover

PLEASE NOTE: The above products are an example, please check with your Eye Care Provider for the most appropriate product to suit your needs.

THINGS TO REMEMBER!



The first thing you will notice about your lenses is they have different colours. Usually, the right lens is clear and the left lens has a blue tint. The different colours will ensure you don't get the lenses confused. The way to remember is the second letter of blue is L for left!

Scleral lenses are manufactured from a durable gas permeable polymer which resists wear and tear during normal lens wearing circumstances.

However, it is still important to handle them carefully.

Habits that may cause a lens to break include;

- Pressure on the lens. If the lens lands on a mirror or flat surface, gently slide it off to the edge of the surface or use a suction tool to remove it from the surface.
- Pulling a lens too firmly from the suction tool. Slide the lens off the suction point instead.
- Forcing the lens to bend while cleaning. Some force is required to clean a rigid lens using your cleaning solution, but not too much. The friction of your skin surface will do most of the job. If you are pressing down on both sides of the lens, it will flex and eventually snap if too much force is applied.



Insertion:

STEP 1:



Remove your scleral lenses from the cleaning solution case and rinse with saline. If you are using a hydrogen peroxide solution, a minimum soaking time of six hours is required for the solution to neutralise



STEP 2:

Either place the scleral contact lens between the middle, forefinger and thumb (known as the tripod method) or secure your lens to a suction tool.

STEP 3:



Half fill the bowl of the lens with a preservative-free saline solution to prevent air bubbles between your eye and the lens. Insert the scleral lens directly onto the centre of your eye in a face down position. To save confusion, it's a good idea to always insert the right lens first.

STEP 4:



If you happen to drop your scleral lens, use saline solution to rinse. Place the lens in the palm of your hand and thoroughly rinse for five seconds and reinsert the lens.

STEP 5:



Dry and wipe out your lens case with a tissue. Leave the case lid off to air dry while wearing your lenses.

THINGS TO REMEMBER!

Normal occurrences on insertion:

During the first few weeks of wear, it is not unusual to have lens fogging due to an accumulation of lipid and mucus behind the lens. The lens fogging will improve over time. If a lens becomes foggy during the day, remove the scleral lens, rinse and re-insert back into the eye. Mix preservative free lubricating eye drops with the saline insertion solution to help reduce persistent fogging.

Abnormal occurrences on insertion:

If on insertion you experience stinging, burning or slight pain, remove the lens, rinse and re-insert. If the problem persists, remove the lens and see your optometrist at your earliest convenience.

DURING THE FIRST 2 WEEKS:

Normal occurrences include:

- Foreign body sensation while wearing lenses.
- Mucus and lipid build up under the scleral lens causing end of day fogging.



Abnormal symptoms (contact your Eye Care Provider immediately) include:

- Redness, discharge, pain, light sensitivity, burning, stinging, and excessive watering of the eyes which do not resolve after lenses are removed.
- Feeling like the lens is stuck on the eye and having difficulty with removal.

THINGS TO REMEMBER!

- Make sure you attend all your follow-up appointments – these will allow your eye care practitioner to ensure your new scleral lens is performing as well as possible.
- Initially, it is best to increase your wearing time gradually. Start with four hours on the first day and then add two hours each day after that.
- Do not modify the recommended cleaning routine or solutions without consulting your practitioner. Other solutions may not be compatible with your eyes and lenses and may cause discomfort or allergic reactions.
- Shortcuts with cleaning solutions appear to save money but may ineffectively clean and disinfect the lens. Incorrect cleaning solutions can damage your lenses or lead to an eye infection which can result in losing vision.
- Never clean or store your rigid lens with soft contact lens solutions. These products work in a different way to the rigid lens solutions and will not clean and condition your rigid lenses as well.



THINGS TO REMEMBER!

- Replace your lens case every time you start a new bottle of lens cleaner to avoid microbial contamination and loss of effectivity.
- To avoid contamination do not touch the tips of solution bottles. Replace caps after use.
- If your eyes are very painful after hours, consult your local hospital or emergency eye clinic.
- If you notice scratches, chips or misplace a lens, contact your Eye Care Provider for a replacement.
- Remember your eye must:
 - Look good (no red eyes)
 - Feel good (no pain, discomfort or light sensitivity)
 - See good (no persistent blurry vision)
 - **If in doubt, take them out and call your optometrist**



Your practitioner will be able to provide you access to an informative insertion and removal video on scleral lenses. Alternatively you can find these by typing “EyeSpace Scleral” into the YouTube search bar.

REFERENCES

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