Patient Information

Care of your scleral contact lenses

Please read all of the instructions carefully.

As with all contact lenses, hygiene procedures are essential. The surface of gas permeable scleral lenses is subject to deterioration with use and handling. Polishing is not always feasible, so please take care in order to maintain the surface of the lens for the maximum time possible.

- Always wash and dry your hands thoroughly before inserting or removing your lenses
- Take care not to catch the lens or your eye with your fingernails – keep them short
- Work over a clean, flat surface, or put in the plug if you are working over a wash basin
- Use saline solution to rinse your lenses – do not rinse them with tap water as this can cause eye infections
- To minimise the possibility of mixing your lenses up, it is a good idea to get into the habit of always inserting and removing the same lens first

Lens removal

After you remove the contact lens from your eye, you must clean it before putting it into the storage case in order to remove the microbes and deposits that have built up on the lens during the day.

- Look down, but keep your chin upwards
- Take your upper lid on the side nearest your nose with your index finger so that the lid is above the upper rim of the lens (fig 1)
- Press downwards, then tighten the lid by drawing your finger towards the temple. This action will push the lid underneath the edge of the lens, relieving the suction. Keep pulling towards your temple to eject the lens
from your eye and catch it with your other hand, or do this over a table covered with a towel to prevent the lens from falling onto the floor

- Alternatively, use the suction holder as directed (fig 2)

**Lens insertion**

You need to use your sense of touch rather than sight to insert this kind of lens. A mirror is of little value as you need to look down when inserting the lens.

- Remove the lens from the case, clean with your contact lens cleaning solution (Oté cleaner or recommended alternative) and then rinse with saline solution (or alternative as recommended by your contact lens practitioner)
- Fill the lens with Amidose saline (or alternative unpreserved sterile saline)
- Hold the scleral lens between your thumb and a finger
- Lean forward so that your face is parallel to the floor and look as far as possible towards your chin (fig 3) to prevent spilling the saline
- Draw your upper lid upwards with the index finger of your upper hand
- Slide the lens under your upper lid being careful to maintain your gaze towards your chin
- When the lens is under your upper lid, pull your lower lid downwards with a finger of your other hand – it might help if you physically close your top lid over the lens and pull your lower lid over the lens (fig 4)
- When the lens is in place under both lids, look up slowly – you might hear a
Sometimes, you might need to remove the lens and reinsert it. In this case, rinse the surface with Amidose or AMO Lens Plus saline prior to reinsertion. Multi-purpose soft contact lens solutions can be used at this stage as they have some cleaning properties. Quattro has a licence for use with rigid lenses as well as soft lenses and can be used for this purpose.

Contact lens case hygiene

- Eye infections can occur due to poor lens case cleaning. The rubber insert in the lens case should be removed and scrubbed with a dedicated clean toothbrush on a weekly basis with cooled boiled water and then left to air dry. Do not use soap in case it is not fully rinsed away.
- The lens case should be replaced with a new one at least every six months.
- If you have a foam based inner in your case this should be replaced every three months.

Contact details

If you have any queries about the care of your contact lenses, please contact the contact lens clinic on 020 7566 2479 (Monday – Friday 9am – 5pm) or email contactlenses@moorfields.nhs.uk

In an emergency, contact Moorfields’ specialist A&E or your local A&E department if you have an eye problem.

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Moorfields' PALS team provides confidential advice and support to help you sort out any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

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**Your right to treatment within 18 weeks**

Under the NHS constitution, all patients have the right to start their consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further – see above for contact details. For more information about your rights under the NHS constitution, please visit www.nhs.uk/choiceinthenhs.