

Dry Eye Patients

If you have a significant dry eye problem we would recommend that you first insert 2-3 drops of Optive Gel/ Sustance drops into the bowl of the lens and then fill the rest of the lens with unpreserved saline. (Lens plus/ SABEX Saline /Purilens plus Saline). Optive Gel or Sustane Drops can also be inserted a few times during the day for extra lubrication.

Never do the following:

- Never use or store your lenses in water. We have many harmful fungi and bacteria in our tap water and should never be used with your lenses.
- Never use warm/hot water with your contact lenses as this can warp/distort the lens.
- Should you experience any eye discomfort, major redness and irritation, changes in your vision or excessive tearing while wearing your scleral, remove your lenses and arrange a ocular health examination.
- Never work over a basin or the sink. Avoid working over the sink, due the lens falling down the unplugged drain.
- Never use hand cream prior to handling your lenses, the lenses can absorb some of the hand creams which make them brittle and cause them to break.

CONTACT US:



HARD CONTACT LENSES

INSTRUCTIONS & CLEANING REGIMEN



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Inserting in the morning:

Getting in the habit of working with the same lens first will help you to avoid mixing up your lenses and avoid confusion. Always start with the same lens first. Take the lens out of the container and rinse the lens with your disinfecting solution (Delta soaking solution/ Optifree Solution with Hydraglyde) in the palm of your hand, rubbing the lens gently with your finger.

- Insure that your lens is clean and that your lens does not have any chips or cracks.
- Now fill the lens up with the recommended preservative free saline such as "Lens plus/ SABEX Saline /Purilens plus Saline".
- To insert the lens balance the lens on the fingers using the Tripod finger method or place the lens on a plunger insertion device. Look straight into the lens and when you feel the cold fluid on the eye push the lens onto the eye, gently message the lens a little bit on the eye and then press the plunger to release.

Removal at Night:

- Looking into the mirror, using the lower lid margin insert a few bubbles to break the seal of the scleral lenses. The method of inserting an air bubble behind the lens is done by placing your finger on the bottom of the lid margin and press firmly with your bottom lid on the white of the eye; just below the lower edge of the lens and then push upwards. A bubble will enter; repeat this method to allow at least 2-4 bubbles to enter. (When enough bubbles are present, vision gets blurred and lens comfort is reduced.)
- While looking into the mirror, put your chin down onto your chest and retract the lids, folding the Top and bottom lid lashes away from the eye.
- Place the suction cup off center and slowly bring the lens forward. It helps to often look slightly to the side or downwards when bringing the lens forward.
- If there is resistance, release the suction cup off and reinsert more air bubbles under the lens. Now repeat the steps to remove the lens.
- Be careful upon removal as excessive force or use of the suction cup directly onto the cornea could cause serious problems.

Should you not feel comfortable to insert or to remove the lens, please visit your optometrist for more assistance.

Cleaning method (at night)

- The Scleral lens can be cleaned 2-3 per week with a specific recommended cleaner (example: Delta Soap Cleaner/Optimum Lobob Cleaner). Place the lens in the palm of your hand and Rub 1-2 drops of cleaning solution onto the palm of the front and back surface of the lens.
- For the other days of the week please clean and soak the lens overnight in the Disinfecting solution (Delta soaking solution/ Optifree Solution with Hydraglyde) This solution conditions the lens surface, disinfects from harmful bacteria, improves comfort and wet ability.

Make sure you use fresh solution each time when the lenses are removed or stored in the contact lens case.

Important notes:

Insure your lenses: Your lenses should not be worn if not insured against breakage and loss. Just like insuring your car when purchasing we would advise you to insure your lenses under your general household insurance. Patients do loose or accidentally break lenses; insurance can be done by submitting your invoice to your broker. We have noted that lenses can be insured for as little as R50 per lens per month.

Avoid Infections: Discard and replace your contact lens case at least every three months since old cases are one of the main causes for infections. You should receive a new case with each new bottle of disinfecting solution.

- Proper Hygiene is essential with contact lens wear. Wash your hands and dry your hands with a lint free towel prior to handling you RGP lenses.
- Should you wake up in the morning with the eye feeling gritty, scratchy and red, please avoid lens wear for the day. We would recommend that you rinse the eye 4-5 times per day with your disinfecting solution by rinsing the eye with delta soaking solution or Optifree disinfecting solutions.

If not resolved within 24 hours please contact your optometrist.

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Contact Lens Society
of South Africa

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