



## SHEKHAR EYE

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Handling tinted or painted scleral lenses requires special care to ensure their longevity and your eye health. Here are some instructions on how to handle and care for tinted or painted scleral lenses:

1. **Clean Hands:** Always wash your hands thoroughly with soap and water and dry them with a lint-free towel before handling your lenses.
2. **Use a Clean Surface:** Work over a clean, flat surface, such as a counter or table, to prevent dropping the lenses or contaminating them.
3. **Inspect Lenses:** Before inserting or removing your lenses, visually inspect them for any debris, scratches, or damage. If you notice anything unusual, do not use the lenses and consult your eye care professional.
4. **Insertion and Removal:**
  - Fill the lens case with preservative-free saline solution or recommended lubricating eye drops.
  - Ensure the lens is oriented correctly (curved side up).
  - Use a gentle, controlled technique for insertion and removal to prevent damage to the lenses.
  - Look straight ahead and gently slide the lens onto your eye while looking down. Blink a few times to position the lens properly.
  - To remove, use a suction cup or plunger tool designed for scleral lenses. Gently break the suction by sliding the edge of the cup under the lens, then remove it.
5. **Proper Cleaning and Disinfection:**
  - Use only the solutions recommended by your eye care professional for cleaning and disinfecting your lenses.
  - Rub the lenses gently with the recommended cleaning solution using clean fingertips to remove debris and protein buildup.
  - Rinse the lenses thoroughly with saline solution or the prescribed rinsing solution.
  - Store the lenses in the provided lens case filled with fresh disinfection solution overnight.
6. **Avoid Water Exposure:** Never expose your lenses to tap water, swimming pool water, or other non-sterile liquids, as this can lead to serious eye infections.
7. **Avoid Makeup:** If using makeup, apply it after inserting your lenses to avoid contamination. Use oil-free and fragrance-free products.
8. **Follow Replacement Schedule:** Adhere to the replacement schedule recommended by your eye care professional. Tinted or painted scleral lenses might require special care due to their design.
9. **Regular Check-ups:** Attend regular follow-up appointments with your eye care provider to ensure the lenses fit well and your eyes remain healthy.
10. **Seek Professional Guidance:** If you encounter any discomfort, redness, irritation, or changes in vision, remove the lenses immediately and consult your eye care professional.
11. **DO NOT** use solutions containing alcohol that may damage the painting permanently.
12. Always keep your lenses soaked in a proper contact lens storage solution.
13. Always use H2O2 disinfection system for your scleral lenses.

Remember, proper handling and care of tinted or painted scleral lenses are crucial to maintaining both your eye health and the quality of the lenses. Always follow your eye care professional's guidance and recommendations.