

INSERTING SCLERAL LENSES

BEFORE YOU START (FOR BOTH METHODS)

1. **Wash and dry your hands thoroughly**
 2. **Inspect the lens**
Make sure it's clean, not chipped, and oriented correctly.
 3. **Fill the lens completely**
Use **preservative-free sterile saline** only.
 - The lens must be filled to the brim—no air bubbles.
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METHOD 1: FINGER (THREE-FINGER) INSERTION METHOD

Step-by-step:

1. **Place the scleral lens on your dominant hand**
 - Balance it on **three fingertips** (index, middle, and thumb)
 - The lens should be level and full of saline
 2. **Lean forward**
 - Bend at the waist so your face is **parallel to the floor**
 - Look straight down at the lens
 3. **Hold your eyelids wide open**
 - Use the **other hand** to lift the upper eyelid from the lashes
 - Use the ring finger of the dominant hand holding the lens to pull down the lower lid
 - Lashes must be completely out of the way
 4. **Slowly bring the lens up to the eye**
 - Keep looking straight down
 - Touch the lens gently to the eye in one smooth motion till the lens reached its end and cannot go further
 5. **Release the eyelids slowly**
 - Keep your eye open for a second
 - Do not blink immediately
 6. **Check for bubbles**
 - Look in a mirror or blink gently
 - If you see bubbles or discomfort, remove and reinsert
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METHOD 2: PLUNGER INSERTION METHOD

Step-by-step:

1. **Moisten the insertion plunger**
 - Lightly wet the tip with sterile saline
2. **Place the lens on the plunger**
 - The **concave side faces up**
 - Fill the lens completely with preservative-free saline
3. **Lean forward**
 - Face parallel to the floor
 - Look straight down at the lens
4. **Hold eyelids wide open**
 - Use your free hand to hold the upper lid
 - Use the plunger hand or fingers to pull the lower lid down
 - Keep lashes clear
5. **Gently apply the lens to the eye**
 - Bring the lens straight up until it touches the eye
 - Apply gentle pressure until the lens settles
6. **Remove the plunger**
 - Gently squeeze the plunger to release suction
 - Pull it straight away
7. **Close your eye slowly**
 - Blink gently
8. **Check for bubbles**
 - Remove and reinsert if any bubbles are present

IMPORTANT SAFETY TIPS

- ✗ Never use tap water
 - ✗ Never insert with bubbles present
 - ✗ Don't rush—steady hands matter
 - ✓ Use a mirror on the table if helpful
 - ✓ If lens spills, clean and refill before reinserting
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MOST COMMON MISTAKE AND HOW TO FIX THEM

1. AIR BUBBLES UNDER THE LENS

What happens: Blurry vision, discomfort, burning sensation

Why it happens:

- Lens not filled completely
- Head not tilted forward enough
- Lashes touched the lens during insertion

Fix:

- Fill the lens **to the brim** with preservative-free saline
 - Lean fully forward (face parallel to the floor)
 - Hold eyelids wider—keep lashes completely out of the way
 - If a bubble forms → **remove and reinsert immediately**
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2. SALINE SPILLS BEFORE INSERTION

What happens: Lens empties before reaching the eye

Why it happens:

- Lens not level
- Hands shaking
- Moving too slowly

Fix:

- Keep the lens perfectly **level**
 - Move in **one smooth motion**
 - Use a **plunger** if fingers feel unstable
 - Insert over a clean towel or mirror on the table
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3. CAN'T KEEP EYES OPEN

What happens: Blinking before lens touches the eye

Why it happens:

- Fear of touching the eye
- Eyelashes triggering blink reflex

Fix:

- Hold lids at the **lashes**, not the skin
 - Use your non-dominant hand to secure the upper lid firmly
 - Practice touching the white of your eye with clean fingers to reduce reflex
 - Breathe slowly—relaxation helps
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4. LENS FEELS UNCOMFORTABLE AFTER INSERTION

What happens: Pain, pressure, foreign body sensation

Why it happens:

- Trapped bubble
- Lens not centered
- Debris inside the lens

Fix:

- Remove, clean, refill, and reinsert
 - Check lens edges for debris before inserting
 - Ensure the lens lands straight, not tilted
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5. BLURRY VISION AFTER INSERTION

What happens: Vision not clear even though lens is in

Why it happens:

- Micro-bubbles
- Fogging from debris or tear buildup

Fix:

- Inspect closely in a mirror or with phone light
- Remove and reinsert if bubbles are present
- Use fresh preservative-free saline

- Ask your eye care provider about fogging solutions if frequent
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6. PLUNGER STICKS TOO STRONGLY

What happens: Lens won't release from plunger

Why it happens:

- Too much suction
- Dry plunger tip

Fix:

- Lightly moisten the plunger—don't soak it
 - Gently squeeze the plunger **before pulling away**
 - Never force it off the eye
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7. LENS FALLS OUT AFTER INSERTION

What happens: Lens dislodges or drops

Why it happens:

- Eyelids released too quickly
- Lens not fully settled

Fix:

- After insertion, **pause 1–2 seconds** before blinking
 - Release lids slowly
 - Blink gently at first
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8. USING THE WRONG SOLUTION

What happens: Burning, redness, infection risk

Why it happens:

- Using tap water or preserved saline

Fix:

- Use **only preservative-free sterile saline** to fill the lens
 - Clean lenses with recommended solutions only
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9. PANICKING WHEN IT'S NOT PERFECT

What happens: Rushing, frustration, repeated mistakes

Fix:

- Take breaks between attempts
 - Remember: **even experienced wearers remove and reinsert**
 - Calm, steady movements work best
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