

# REMOVING A SCLERAL LENS

## BEFORE YOU START (FOR BOTH METHODS)

1. **Wash and dry your hands thoroughly**
  2. **Apply lubricating drops if needed**  
If the lens feels tight or dry, instill 1–2 drops of preservative-free lubricating drops and wait 30–60 seconds.
  3. **Look in a mirror** and stay calm—never rush removal.
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## METHOD 1: FINGER (EYELID PRESSURE) REMOVAL METHOD

### Step-by-step:

1. **Open your eyes wide**
    - Look straight ahead into a mirror.
  2. **Place your fingers on the eyelids**
    - Put your **index finger on the lower lid** near the edge of the lens.
    - Put your **middle finger on the upper lid** near the edge of the lens.
    - Keep fingers on the **lid margins**, not on the eye.
  3. **Apply firm inward pressure**
    - Press both lids **toward the eye** to break the suction of the lens.
  4. **Push the lens downward**
    - While pressing inward, slide the **lower lid upward** or push the lens slightly downward.
  5. **Allow the lens to pop out**
    - The suction will release and the lens will come out.
    - Catch the lens with your other hand or over a clean towel.
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## METHOD 2: PLUNGER (DMV) REMOVAL METHOD

### Step-by-step:

1. **Wet the removal plunger completely**
  - The tip must be wet for good grip.
2. **Look straight ahead**
  - Keep your head upright.
3. **Pull down the lower eyelid**
  - Use one finger to expose the **lower edge of the lens**.
4. **Place the plunger on the lens edge**

- Touch the entire plunger to the **lower third of the lens**, not the center.
  - 5. **Gently pull outward**
    - Pull straight out and slightly down.
    - The lens should release easily.
  - 6. **Remove the lens from the plunger**
    - Glide the plunger gently towards the edge to release the lens into your palm.
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## IMPORTANT SAFETY TIPS

✗ Do NOT pull from the center of the lens

✗ Do NOT pinch the lens with fingernails

✗ Do NOT force the lens off the eye

✓ Always break suction before removal

✓ Use a towel or bowl in case the lens drops

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## COMMON REMOVAL PROBLEMS & QUICK FIXES

- **Lens won't come off** → Add lubricating drops, blink a few times, try again
  - **Lens feels stuck** → Look up slightly and massage the lower lid to loosen it
  - **Plunger keeps slipping** → Make sure the plunger is wet and sticks to the lens
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