

SCLERAL LENS GUIDE

PRESERVATIVE FREE SALINE SOLUTIONS FOR SCLERAL LENS WEARERS

Product	Buffered	Size	Notes- <i>all on this list are approved for rinsing and filling for insertion of sclerals, but "buffered" is preferred for severe dry eyes & transplant eyes</i>
<u>Purilens Plus</u>	Yes	<ul style="list-style-type: none"> ➔ 4oz size not recommended ➔ 2oz (60ml) bottles 6pk (\$24.95 = 6 weeks) 	<ul style="list-style-type: none"> ➔ Sealed bottle until punctured with lid ➔ Discard 2-3 days after opening (label says 15 days, but risk is too high for high risk corneas)
<u>NutriFill</u>	Yes	<ul style="list-style-type: none"> ➔ 10mL vials 35 vials/bx (\$31.50 = 1-2mts) 	<ul style="list-style-type: none"> ➔ "Electrolyte-enriched" (<i>calcium, magnesium, potassium, phosphate</i>), mimics natural tears ➔ *BEST FOR SEVERE DRY EYES ➔ Replace vial 1-2 days after opening
<u>ScleralFil</u>	Yes	<ul style="list-style-type: none"> ➔ 10mL vials 30 vials/bx (\$19.95 = 1-2mts) 	<ul style="list-style-type: none"> ➔ *BEST COST FOR BUFFERED PRES FREE SALINE ➔ Replace vial 1-2 days after opening
<u>LacriPure</u>	No	<ul style="list-style-type: none"> ➔ 5mL vials 98 Vials/bx (\$27.95 = 3-4mts) 	<ul style="list-style-type: none"> ➔ Not buffered, but ok for non-dry eye wearers ➔ *BEST COST, BUT NOT BUFFERED
Addipak, Modudose	No	Box of 100 5mL vials, or Box of 24 15mL vials	Acidic! pH believed to be 5.5 or less ➔ NOT RECOMMENDED

Use BUFFERED PRESERVATIVE FREE SALINE for rinsing the lenses just before insertion and for filling the lens.

NONBUFFERED can be used for scleral wearers that do not suffer from dry eye disease or have corneal diseases (such as Keratoconus, cornea transplant, cornea dystrophy). Most scleral wearers experience better comfort with BUFFERED SALINE.

Go to the DRY EYE SHOP website for more information. This website has step by step guides for scleral lens wearers and sells all the products you will need at a very fair price.

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CLEANING & DISINFECTING

STEP 1: Daily Clean

- MULTI-PURPOSE SOLUTIONS- **UNIQUEPH** or **TANGIBLE CLEAN**
 - Place 3 drops of Multi-Purpose Solution on each side of scleral lens.
 - Gently rub both sides for 15-20 seconds.
- **SEREINE** EXTRA STRENGTH DAILY CLEANER- for deposit prone wearers needing stronger cleanser)
 - Same steps as above

STEP 2: Rinse

- Remove surface debris by rinsing thoroughly with Multi-Purpose Solution or Saline Solution
- Never rinse with water. Never skip these steps- rinse and rub sclerals every night.

STEP 3: Overnight Disinfect- never skip this step (reduces risk of infections)

- PREFERRED OVERNIGHT- **Clear Care Triple Action Hydrogen Peroxide** (not Hydraglyde)
 - Place sclerals in the appropriate right/left lens basket.
 - Rinse sclerals for 5 seconds with Clear Care and fill the container to the fill line.
 - Tighten the cap on the case. Do not shake. Leave overnight for at least 6 hours.
 - Dispose of the case after each new purchase of Clear Care.
- ALTERNATIVE 1-2 X A WEEK- Multipurpose Solution + Enzymer
 - Place each lens in the case and fill with Multi-Purpose Solution (completely cover the lenses).
 - Add 2-3 drops of **Boston One Step Liquid Enzymatic Cleaner** to the solution.
 - Soak overnight at least 4 hours.
 - ****Not compatible if your sclerals have Hydra-PEG coating**

PROGENT PROTEIN REMOVER- best solution for removing protein deposits and coated lenses that need a deep cleaning. The Dry Eye Shop website has step-by-step instructions- read every word before using this product: [PROGENT Protein Remover \(1 treatment\) – DryEyeShop](#)

- The large case needed for use with Progent is available at our office.
- I only recommend using Progent 1 x every 2-3 months
- Not for use with Hydra-PEG coating

[Scleral Lens Tutorial Topic 7: Cleaning and disinfecting – DryEyeShop](#)

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DOS AND DONT'S OF SCLERAL LENSES

- **DON'T...** rinse your scleral lens or lens case with water.
- **DON'T...** re-use solutions (always dump after overnight use).
- **DON'T...** use a solution that has not been recommended by Dr. Mayes.
- **DON'T...** touch the tip of preservative free vials (avoid contamination)
- **DON'T...** use an opened vial for longer than 2-3 days
- **DON'T...** USE EYE DROPS WITH PRESERVATIVES OR MINERAL OIL ON TOP OF SCLERALS.
- **DON'T...** soak lenses in saline overnight. This does not disinfect (use Clear Care or MPS).
- **DON'T...** USE OILY BASED PRODUCTS NEAR YOUR EYES- oily based eye makeup removers, face creams, eye creams, sunscreen, or liquid base will cause an oily buildup on the sclerals.
- **DON'T...** Wear waterproof mascara, eye liners, or powdery eye shadows
- **DON'T...** Sleep in your eye makeup
- **DON'T...** Sleep in your scleral lenses

- **DO...** use approved solutions in this guide or as instructed by Dr. Mayes
- **DO...** use fresh solution every night and rinse/rub as instructed
- **DO...** Replace your case every few months or with each new bottle.
- **DO...** USE OPTICAL HAND SOAP to avoid getting oils on your hands before touching sclerals.
- **DO...** use preservative free eye drops such as Oasis Plus or Theratears 2-4 x a day to re-wet the lenses in your eyes.
- **DO...** LIMIT EYE MAKEUP- Use non-waterproof mascara (on your upper lashes only) if you must wear eye makeup and remove nightly with approved cleanser.
- **DO...** WASH EYELIDS/LASHES EVERY NIGHT with approved eyelid hygiene such as Ocusoft plus wipes, Ocusoft Original Foam, Clinique Bar Soap, or other approved cleanser as recommended by Dr. Mayes.
- **DO...** follow your DRY EYE treatment plan as prescribed by Dr. Mayes

All these instructions/tips will help to keep your scleral contact lens wear more successful by maintaining clear and comfortable vision while reducing the risk of infection or damage to your cornea. Scleral lenses can last 1-3 years depending on daily -maintenance and habits.

Contact our office by TEXTING OR CALLING- 405-778-8993 IF YOU HAVE ANY QUESTIONS OR CONCERNS.

OTHER RESOURCES: www.dryeyeshop.com and Facebook support group: [My Big Fat Scleral Lens | Facebook](#)