

Caring for Your Scleral Contact Lenses

Visionary Optics
uniquely specialized contact lenses

Patient Name: _____ **Date:** _____

Today you may wear your contacts for ____ hours. You may add ____ hours per day until you have reached the maximum wear time. **It is NOT recommended that you sleep in your contacts.**

Recommended Solutions:

Insertion: Preservative Free Saline (*Fill OVER the top of the lens*)

VibrantVue LaciPure ScleralFil Nutrifill Other _____

Daily Cleaner/Multi-Purpose Solution

Tangible Clean Unique PH Boston Simplus ClearCare Other _____

Protein Removers*

Boston One Step Boston Advance Cleaner Progent **Do NOT use if your lenses are treated with Hydra-PEG*

Rewetting Drops (use as needed)

Refresh Oasis Tears Blink Systane Other _____

Special Instructions: _____

Follow Up Appointment: _____ *Please wear Contact Lenses in for this appointment unless otherwise instructed*

I understand the instructions given to me for healthy and successful wear of scleral contact lenses.

Patient Signature

Date

Do's & Don't's for Successful Wear of Contact Lenses

- ✔ Always wash and rinse your hands thoroughly before handling your lenses or touching your eye. Use a mild, fragrance free soap and dry your hands with a lint-free cloth or tissues.
- ✔ Clean your lenses after removal as directed. Use only the recommended solutions.
- ✔ Clean your lens storage case in warm soapy water at least once a week. Rinse thoroughly and allow to air-dry on a clean paper towel.
- ✔ When handling your lenses, work over a clean flat surface. Plug the drain if working over a sink.
- ✔ Insert your lenses before applying make-up to avoid getting residue on or behind the lenses.
- ✔ If you drop a lens, clean and rinse with multi-purposes solution before reapplying.
- ✔ Carry your storage case and solution with you at all times and keep your glasses up to date if for any reason you can't wear your lenses.
- ✔ Close your eyes when using cosmetics or aerosol sprays, such as hairsprays, while wearing your lenses. Such products may leave a residual film on the lens.
- ✔ Use swimming goggles when swimming with contact lenses.
- ✔ Wear sunglasses for outdoor activities and safety glasses in any dusty environment.
- ✔ If you feel there might be debris in your eye, remove and rinse your contact lens then reinsert.
- ✘ Do not continue wearing your lenses if your eyes are uncomfortable or unusually red.
- ✘ Do not place a lens in your mouth for cleaning or wetting.
- ✘ Do not use tap water to soak or rinse your lenses.
- ✘ Do not rub your eyes vigorously while wearing lenses.
- ✘ Do not mix up your lenses. The best way to avoid this is to follow an insertion, removal and storage routine every time you wear and remove your lenses.
- ✘ Do not expose your lenses or storage case to undue heat.