



SCLERAL LENS PATIENT HANDLING GUIDE

It is important to read this leaflet before inserting your Scleral Contact Lens. The information summarises the important points about the contact lens. If you have any further questions, please talk to your Eye Care Professional.

Product Description

Scleral Contact Lenses are supplied as a non-sterile medical device that are dispensed in a blister pack that contains a sterile soaking solution. It is recommended to clean and re-soak the lenses in a RGP contact lens cleaning solution before initial insertion.

Indications and Wearing Instructions

The Scleral lens is indicated for daily wear and should not be worn for longer than 12 hours in a 24 hour period. It is recommended that after 6 hours of wearing, you take your lenses out and fill the inside of the lens with an eye drop that contains carboxymethylcellulose (such as TheraTears Drops). Alternatively, use half saline (with pH 7) and half eye drops (containing carboxymethylcellulose). Saline with pH 7 is recommended as it is neutral to the eye surface.

Contraindications

Do not use the contact lenses in any of the following conditions. If you have any questions related to the points below please talk to your Eyecare Professional.

- Acute and sub-acute inflammation (redness), or any discomfort or pain of the eye
- Any disease, injury or abnormality that affects the cornea, the conjunctiva, or eyelids that is not indicated for a scleral lens.
- Corneal hypoesthesia (reduced corneal sensitivity with medication or steroid use)
- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses
- Any active corneal infection (bacterial, fungal, or viral).
- If eyes become red or irritated
- Use of any medication that is contraindicated or interferes with contact lens wear, including ocular medications
- Incomplete corneal healing following eye surgery

Warnings

You should be advised of the following warnings relating to contact lens wear:

- Do not ingest the contact lens or solution the contact lenses are soaking in.
- If the blister pack is damaged, opened or the parameters cannot be read, do not wear the contact lenses. Contact your Eye Care Professional immediately.
- Parameters of your contact lens should not to be changed unless you have consulted with your Eye Care Professional.
- Open the blister pack carefully as the edges can be sharp.
- If the contact lens is chipped or broken, do not insert the lens. Contact your Eye Care Professional immediately.
- Tap water, distilled water, homemade saline solutions, or saliva should NOT be used at any time with contact lenses. The use of tap and distilled water has been associated with *Acanthamoeba keratitis*, a corneal infection that is resistant to treatment and cure.
- Problems relating to contact lens wear can result in serious injury to the eye. It is imperative that the you listen to your Eye Care Professional's recommendations, and read the labelling instructions for appropriate use of the contact lens(es).
- Eye problems, including corneal ulcers can develop rapidly and lead to loss of vision.
- If eye discomfort, excessive tearing, vision changes or redness of the eye is experienced, remove the lenses immediately and call your Eye Care Professional promptly.
- Contact lenses are not to be stored in the lens case with water or any non sterile solution. Only use RGP (rigid gas permeable) lens solution so it does not contaminate the lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss or blindness.
- If there is a mix up with another of your contact lenses, contact your Eye Care Professional to make sure you are inserting the correct lens in the correct eye.

Precautions

- Do not use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- Only use solutions recommended for RGP contact lenses.
- Contact lenses should never be shared between users.
- Always wash your hands thoroughly and rinse well, before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, aerosol products or hair sprays in the eyes or on the lenses. It is best to insert lenses before applying make-up. Water-based cosmetics are less likely to damage lenses than oil-based products.
- Seek advice from your Eye Care Professional if your lens(es) needs to be stored for extended periods.
- Avoid all harmful or irritating vapours and fumes while wearing contact lenses.

Adverse Reactions

If any of the following problems occur:

- Eye stinging, burning, itching or any other eye discomfort or pain.
- Continuous foreign body or scratching sensation
- Excessive tearing, unusual eye secretions, redness, reduced visual acuity, blurred vision, halos, photophobia, or dry eyes

Immediately remove your contact lens(es) and inspect it carefully. If the lens is damaged, place the lens in your contact lens case and call your Eye Care Professional. Do not re-insert the lens.

If the lens appears undamaged, but looks dirty, has an eyelash or other foreign body on it, thoroughly clean the lens with a daily cleaner, rinse with saline before reinserting it. If the problem persists, remove the contact lens, and consult your Eyecare Professional. A serious condition such as infection, corneal ulcer, corneal neovascularization, or iritis may be present, and may progress rapidly. Less serious reactions such as abrasions, epithelial staining or bacterial conjunctivitis must be managed and treated carefully to avoid more serious eye damage.

Caring For Your Lens

Personal cleanliness for lens handling

Always wash, rinse and dry your hands thoroughly before handling your lens(es)

Opening the box and lens container

Do not use the lens if the blister pack is damaged or the parameters on the label cannot be read.

To open an individual blister pack:

- Peel back the foil on the blister pack which will contain one RGP contact lens.
- Remove the contact lens carefully and look at the lens following the handling instructions.

Handling the lens

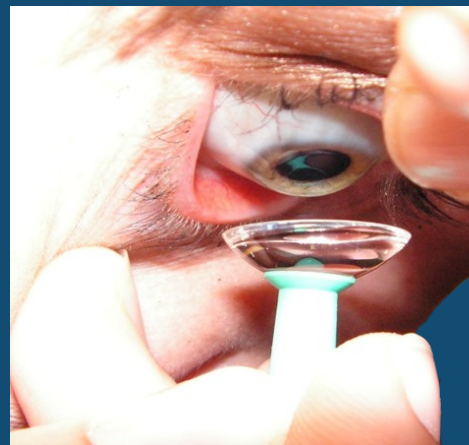
It is recommended to always work with the same lens first to avoid any insertion errors. Remove the lens from the case and examine to make sure the lens is not chipped or any foreign bodies are present.

Placing the lens on the eye

Your Eye Care Professional will discuss and provide you with a detailed process for lens insertion, but a suggested procedure is as follows:

- Place the lens either on the tip of your forefinger of your dominant hand or on a DMV sucker supplied by your Eye Care Professional, concave side up. Fill the lens with lubricant drops or saline (pH 7) before insertion.

- Hold your top eyelid open with your forefinger and thumb of your non-dominant hand and then gently retract your eyelids as wide as possible.
- Tilt your head down, parallel to the surface, and in a fluid motion bring the lens to the surface of the eye. Gently place the lens on the cornea, while maintaining the downward looking position. Do not press the lens against your eye too firmly.
- Release the eyelids and gently blink as you withdraw fingers or the DMV sucker.
- Repeat this procedure with the other lens.



Note: If your vision is blurred after lens insertions, check the following

- Look into a mirror and observe if any air bubbles are present. If so, remove the scleral lens and repeat the insertion process, ensuring the lens is filled with solution as recommended.
- Check the solution you have placed in the lens to ensure it is the recommended solution.
- Ensure the lens has been inserted with marks being at the appropriate location as recommended by your Eye Care Professional.
- The lens surface is not dirty
- Ensure the correct lens is in the correct eye
- If any of the above occurs, clean the lens and rinse with saline before reinserting it into the eye. If your vision is still blurred, remove the lens, and contact your Eye Care Professional.

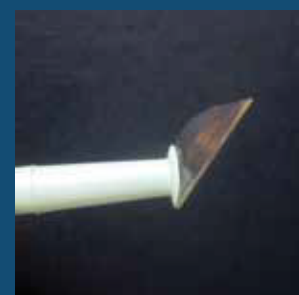


Our recommendation is to remove the lens with a DMV sucker.

When removing the scleral lens with a DMV Sucker

1. Gently apply pressure with the forefinger at the edge of the lens at approximately 4 o'clock to break the seal of the scleral lens and introduce a bubble.
2. Apply the DMV sucker to the lower half of the lens surface.
3. Once the plunger has gained some suction to the surface, make a movement away from the eye, and upward. This will dislodge the lens which can then easily be removed.
4. Remove the lens completely off the eye.

It is critical that the plunger be positioned at the lower edge of the scleral lens during removal, and not the central portion of the lens.



Caring for your lens

It is important to follow the lens care regime recommended by your Eye Care Professional. You will be provided with a recommended cleaning and disinfecting regime. Heat disinfection is not recommended.

- Never use eyecare products that are not recommended by your Eyecare Professional
- Do not use tap water for cleaning and the maintenance of your contact lenses and contact lens case.
- Do not use saliva or any products for cleaning, disinfecting, and rinsing other than those recommended by your Eyecare Professional
- Always store your contact lenses completely immersed in contact lens solution when the lens(es) are not being used
- The contact lens case should be emptied, cleaned, and rinsed with eyecare products recommended by your Eye Care Professional and air dried between use.
- Change the contact lens case each time you start a new box of solution.

Cleaning Your Lens

Peroxide/ Iodine Solutions

Place the Scleral lens(es) into the basket holder that has been supplied and fill the case with either the Peroxide or Iodine-based solution. Add the neutralising tablet, and then tighten the lid. The lens(es) should fit into the basket holder with the baskets closing over the lenses, without additional pressure. A peroxide solution needs the lens(es) to be soaking in the solution for a period of 6 hours, while iodine solution requires 4 hours. If using iodine-based solutions, it is imperative that the lenses are rinsed with Saline prior to insertion.

Daily Lens Cleaner

Some patients will be required to use a daily cleaner on their Contour Scleral lens, as well as the soaking solution. The lens needs to be placed in the palm of your hand, with a drop of the daily lens cleaner being instilled into the bowl of the lens. Rub the lens gently until the liquid foams. Rinse off with Saline (pH 7) and then place the lens into the soaking solution overnight.

Menicon Progent Intensive Cleaner

To maintain the wettability, clean your lens(es) with Menicon Progent intensive cleaner. Put the lenses into the contact lens case and then open vial A and vial B by twisting the cap. Put the contents into the contact lens case and then screw the lids onto the case. Leave the lenses in the case for 30 minutes, then remove and rinse with saline (pH 7). Menicon Progent can be used weekly or monthly depending on protein build up.

Handy Tips

- Every time you start a new lens solution, replace the lens case.
- Avoid touching the tip of the lens solution as this can cause contamination
- Contact your Eyecare Professional if the lens breaks, chips or there is any damage to the lens surface.
- If the lens lands on a flat surface, carefully slide it off to the edge of the surface or use a DMV sucker to remove it from the surface.
- When cleaning the lens, little force is required to clean the Scleral lens. Using excessive force can cause the lens to break.

If you have any queries or concerns regarding The Scleral Lens please contact your Eyecare Professional.

The Scleral Lens is manufactured by Corneal Lens Corporation NZ LTD, 2 Ballarat Way, Wigram Christchurch NZ