

Care of your Scleral contact lenses

Information for patients



**Department of Optometry,
Oxford Eye Hospital**

Please read ALL the instructions carefully

- **Always** wash and dry your hands thoroughly before inserting or removing your lenses. We recommend that you keep your fingernails short, so that you do not catch your eye with them.
- Work over a clean, flat surface so that if the lens falls out it will not be damaged. Put the plug in if working over a sink.
- Use the scleral contact lens case provided. Eye infections may occur due to poor lens case hygiene. There is no point putting a clean lens into a dirty case! Make sure it is kept clean and dry. If you require a new case, because of damage or soiling, please contact the Department.

Lens insertion

1. Remove the lens from the case and put it in the palm of your hand. Place a few drops of contact lens cleaner on the lens and rub both sides of the lens gently. Rinse the lens with saline then fill the lens with non-preserved saline from one of the vials.
2. Hold the lens between your index finger (pointing finger) and thumb with the bulk of the lens away from you. Do not tip the lens. If possible, rotate the lens so the narrower part is towards your nose and the wide part is to the side of your head.
3. Placing a clean towel on your lap, tuck your chin into your chest so that your head is well down. Your face should be parallel with the floor.
4. While looking towards your chest, slide the lens under your top eye lid. Keep the lens as horizontal as possible. Once the lens is under your top lid, pull the top lid down, over the scleral lens and over the lower lid. Firmly hold the top lid closed against the bottom lid then gently pull/roll out the lower lid from underneath the lower rim of the lens. It is useful to have a tissue handy to help grip the lower lid at this stage.
5. Once the lower lid is fully out from under the lens you can raise your head and look up.

6. Check to see there is no bubble under the lens.
If there is a bubble and it is affecting your level of vision you will need to remove the lens and reinsert it.

Here are a few tips if you have a problem with bubbles on insertion:

- Make sure your chin is touching your chest and you are leaning forward during insertion. The end of your nose should be pointing at the floor.
- Make sure that the lens is full of saline and that it has not tipped as you slide it under the top lid.
- Try to get the whole insertion motion smoother and slicker. With practice this will become quicker and easier.

Lens removal



1. Raise your chin slightly and look as far down as you can.
2. Put your index finger in the centre of your top lid, close to the edge of your lashes.
3. Gently slide up your top lid so that it is wider than the top edge of the lens.
4. Apply pressure to your top eyelid so that you are pressing on your eyeball above the lens edge. Move your top lid quite firmly and slowly in a circular up and outward arch as shown in the picture above. This will help the lens to lift up from your eye.
5. As the lens begins to lift off your eye slowly look up. The lens should then be released from beneath your lower lid and will come away from your eye.
6. Be ready to catch the lens in your other hand or let it fall on to a soft surface such as a towel or tissue.

Use of a lens sucker

If you have been advised to use a sucker to remove your lens, place the sucker on the front of the lens surface. Using small pulsing movements, ease the lens out, freeing either the lower or upper part of the lens first.

Care of the lenses

Clean:

Place several drops of cleaner ('i-Clean' cleaner or equivalent) onto the lens and rub gently for 30 seconds on each side.

Rinse:

Rinse all the cleaner away using saline with preservatives.

Store:

Carefully, completely dry off any excess moisture using a lint free tissue and store in the clean dry case provided.

Saline for insertion

Saline comes in two different formats, preservative free in vials or with preservative in bottles. The saline used with your sealed scleral lens needs to be chosen carefully as it remains in contact with the front of your eye all the time the lens is worn. Some people will be able to tolerate saline with preservatives but we would recommend that you continue to use preservative free.

Preservative free saline

- Steripod saline rigid plastic vials (5ml or 10ml) can be prescribed through your GP or can be bought over the counter at a pharmacy.
- Ami-dose® saline can be obtained through your local Optician, or you can purchase it from suppliers or directly from the manufacturer: Amidose Supplies, John Evans, Abatron Ltd, Sandy, Bedfordshire.
Tel: 01767 261 333 Website: www.abatronltd.com
- Physiodose Saline Solution (NaCl 0.9% preservative free in 5ml plastic vials) is available through Amazon
- Spray saline is not advised because the gas that is used in the bottle to power the spray gets trapped behind the lens.

Preservative saline

- Lens Plus Ocupure saline (Manufacturer: AMO)
- Bausch & Lomb Sensitive Eyes saline
(Manufacturer: B&L)

How long to wear your lenses

On the first day we recommend hours of wear.

Increase the wearing time by hours a day.

Feel free to split the wearing times during the day with periods of non-wear.

Do not exceed more than hours of wear in one day.

Points to remember

- Try to avoid wearing your lenses if you have a bad cold or flu as the risk of infection is slightly higher and your eyes may be more sensitive. In particular, do not wear your lens if you have any sign of eye infection such as redness, soreness or discharge.
- If your eye becomes red, inflamed, sticky or uncomfortable – **REMOVE THE LENS**.

If your eye is still painful then please contact the:

Optometry Department

Telephone: **01865 234 567** for the Eye Hospital, then choose the option for Optometry Department.

Monday to Friday, 8.30am to 1.00pm

Or email: **optometry.secretary@ouh.nhs.uk**

In an emergency, if your condition is urgent (symptoms for less than five days), call our specialist telephone triage number.

Telephone: **01865 234 567** then choose the option for Eye Emergency.

Monday to Friday, 8.30am to 4.30pm

Saturday and Sunday, 8.30am to 3.30pm

(including Bank Holidays)

You will be able to speak to an ophthalmic health professional who will advise you.

If you need advice out of hours, please phone NHS 111 or your out of hours GP practice.

- Always keep your aftercare appointments. These help us to check on your lenses to make sure they are not causing any damage to your eyes. If the time is inconvenient please contact the Optometry Department to re-arrange the appointment.
- Never wear your lenses overnight as this increases the chance of an infection or other complications.
- Do not wear your lenses for longer than your optometrist advises.
- Never wear a damaged lens. If you need a replacement contact the Optometry Department.
- If the lens is uncomfortable once inserted, remove, clean and rinse carefully with saline, then check again that it is not damaged. Make sure you have no air bubbles under the lens. If the lens remains uncomfortable, remove it and contact the Optometry Department for a replacement.
- Always use fresh solutions each day. Always use the solutions recommended by your optometrist. If you have to use a different solution, contact the Optometry Department to check whether it is suitable.
- Do not touch the tips of the bottles with your finger or lens, as you may contaminate the solution. Always replace the lid on your solution bottles and keep them away from direct sunlight and heat.

Look after your lenses and enjoy them!

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

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