Scleral lens emergency card

- Type your details once: both cards on this page fill in. Or print it blank and write in pen.
- Print at **100% (actual size)**. Cut along the dashed outer line and fold on the middle line, so the front and back face out.
- Keep one in your wallet next to your insurance card, and one with your travel kit. Pair it with your phone's medical ID.

I wear scleral contact lenses

Large rigid lenses that rest on the white of my eye. Please don't pinch or pry them.

Name	
Lenses in	
Lens type / coating	
Solution system	
My fitter	
Phone	
After hours	

To remove a scleral lens

1. Ask me to do it if I can. I may carry a plunger.
2. Add preservative-free drops or sterile saline; wait a minute.
3. Wet a small removal plunger. Press it on the **lower third** of the lens, near the edge. **Never the center.**
4. Pull outward and tilt up so the lower edge lifts.
5. Won't release? Don't force it. Call my fitter or on-call eye care.

Store in saline, never water. Full guide: sclerallensguide.com/scleral-lens-removal-for-medical-staff/

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Rather type it on your phone? The My lenses card at sclerallensguide.com/wearing-sclerals/my-lenses/ fills this in, shows it large, and gives you text for your phone's medical ID.