I wear scleral contact lenses

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

Copy the lens details from your lens box, case label or prescription. Leave anything blank you don't know: your fitter has the full record. Type in a PDF reader, or print and write in pen.

About me

Your name (optional)

Emergency contact phone

Emergency contact: name and relationship e.g. Sam (partner)

Which eyes wear a scleral lens? ◯ Both ◯ Right only ◯ Left only

My lenses

Right eye lens		Left eye lens	
Brand or design		**Brand or design**	
Diameter		**Diameter**	
Base curve or sag		**Base curve or sag**	
Power		**Power**	
Material and coating		**Material and coating**	
Markings or dot		**Markings or dot**	

Care

Fill solution what you fill the lens bowl with

Cleaning and storage cleaner and overnight solution

Where I keep my remover (plunger) e.g. front pocket of my bag

My fitter

Fitter's name

Practice

Date fitted

Practice phone

After-hours number

Things helpers should know

☐ **I can’t remove my lenses myself.** Please help me, or call my fitter.

Allergies e.g. to medicines or latex

Other notes anything else staff should know about my eyes or lenses

How to remove a scleral lens

1. **Ask me first.** If I can, let me remove it or talk you through it. I may carry a plunger.
2. **Lubricate.** Add preservative-free drops or sterile saline and wait a minute.
3. **Use the small removal plunger, wet.** Not the larger inserter.
4. **Press it on the lower third of the lens, near the edge.** Never the center, and never on the bare eye.
5. **Pull outward and tilt up** so the lower edge lifts and the seal breaks.
6. **Won’t release? Don’t force it.** Add more drops and try again. If a few gentle tries fail, call my fitter or on-call eye care.
7. **Store it in saline or my own solution, never water,** and keep it with me. It is custom-made.

Full guide for medical staff: **sclerallensguide.com/scleral-lens-removal-for-medical-staff/**