Your first 30 days with scleral lenses

Keep this by your mirror. It's a reminder of the basics. **Your eye doctor's instructions come first.**

FROM YOUR EYE DOCTOR

Fitter / practice	Phone	After hours

Your fill solution (for the lens bowl)	Your cleaning system (cleaner and overnight solution)	Artificial tears, if approved

Week 1: hours a day	Week 2: hours a day	Weeks 3–4: hours a day	Follow-up visit

Other instructions

Putting a lens in

1. **Wash and dry your hands.** Plain, non-moisturizing soap. Lint-free towel.
2. **Check the lens.** No chips, cracks or deposits. Peroxide soak finished.
3. **Lens on the inserter.** Hollow side up, like a bowl.
4. **Fill to the brim.** Preservative-free saline from a fresh vial, until it domes.
5. **Face parallel to the floor.** Look straight down into a flat mirror.
6. **Hold both lids wide.** At the lash line. Keep both eyes open.
7. **Straight up, one smooth motion.** Look into the lens. Keep going until it settles.
8. **Pull back, let go, blink.** Inserter straight back, then blink gently.

Then do the three checks, every time

Light: no bubble under the lens. **Vision:** clear with the other eye covered. **Comfort:** not sore or scratchy.
Any check fails? Take it out, refill to the brim, reinsert.

Taking a lens out

1. **Wash and dry your hands.** Towel on the counter, sink drain covered.
2. **A drop or two of artificial tears.** Helps loosen the seal.
3. **Remover, not inserter.** The small cup, not the wide one.
4. **Lower third of the lens.** Near the edge. Never the center.
5. **Press gently until it grips, pull outward.** The lower edge lifts and the seal breaks.
6. **Clean it right away.** Rub each side about 20 seconds, rinse with saline, fresh solution in the case.

Won't come out?

Don't pull harder. Add another drop of tears, wait a minute, and try again on the lower third. Still stuck after a few gentle tries? Call your eye doctor.

Supplies checklist

- ☐ Preservative-free saline in single-use vials
- ☐ Your daily cleaner
- ☐ Disinfecting solution and the case that goes with it
- ☐ Inserter (wide cup) and removal plunger (small cup)
- ☐ Artificial tears your fitter approved
- ☐ Plain, non-moisturizing soap and a lint-free towel
- ☐ A flat mirror and a light
- ☐ Glasses with a current prescription
- ☐ A small kit for your bag: saline vials, a spare plunger, a clean case, solution in its own bottle
- ☐ A backup of every product

Your routine, your first month, and when to call

Every morning

- Wash and dry your hands.
- Inspect each lens against the light. Using peroxide? Make sure the full soak time has passed.
- Rinse with preservative-free saline, fill to the brim from a fresh vial, insert, and do the three checks.
- Empty the case, rinse it with fresh solution (never water), and leave it upside down to air-dry.

Every night

- Remove over a towel: tears first if your fitter approves, plunger on the lower third.
- Rub each side with your daily cleaner, about 20 seconds per side.
- Store in fresh solution. Never top off. Peroxide needs its own new case and the full soak time on the label.
- Lenses out before any sleep, including naps.

Never: Tap, bottled or distilled water, or saliva, on your lenses or in the case · Multipurpose solution or multi-use saline in the lens bowl · Rinsing a lens with peroxide before it goes in · Topping off yesterday's solution · Solution poured into another bottle, or used past its date.

Also: replace your lens case every three months, or as your eye doctor directs. Makeup goes on after your lenses are in; lenses come out before makeup comes off.

Your first 30 days

Day 1	Put your lenses in and take them out yourself, more than once, before you leave the office. Write your wearing schedule on page 1.
Weeks 1–2	Practice every day at a calm time, in the same spot. Follow the wearing schedule exactly, even on days the lenses feel great. Note tries, bubbles and how your eyes felt.
Follow-up	Bring your notes. Be specific: which eye, what time of day, what you felt. If something bothers you, say so.
Weeks 2–3	Judge how it's going now, not after two or three days. Still struggling? Tell your fitter: there are other tools and techniques to try.

Common while you're learning

- Slow, awkward handling and many tries at first. It gets easier with practice.
- Noticing the lens at first. A lens shouldn't hurt.
- A bubble right after insertion: take the lens out, refill to the brim, reinsert.

Tell your fitter (call, or at your follow-up)

- Bubbles that keep coming back even with a full fill
- Clear vision in the morning that turns hazy later
- Redness or a ring where the edge sits by evening, or pressure
- Removal that's a struggle most evenings
- Still struggling to handle the lenses after two to three weeks

Remove the lens and call today

- Sudden or severe eye pain
- Vision that gets worse and doesn't clear with the lens out
- New sensitivity to light
- Yellow or green discharge
- Redness that is getting worse quickly
- Swelling of the eye or eyelid
- Burning or stinging that doesn't stop once the lens is out
- A lens you can't remove after several gentle tries and a rest

Don't put it back in. Keep it in its case and bring it. Can't reach your eye doctor? Go to urgent care or an emergency room and say you wear scleral lenses.

Free step-by-step help for new wearers: scan the code or visit **sclerallensguide.com/wearing-sclerals/learn/**

Short lessons for nervous beginners, plus guides, printable mirror cards, and what to do when something goes wrong.