

Am I ready for sclerals?

Part 1 - Learning

See mbfsl.org/learning

- I understand what sclerals are and what makes them different from conventional contacts.
- People get sclerals for a variety of reasons. My reasons are (check all that apply):
 - Vision loss
 - Ocular Surface Disease
 - Ocular Surface Pain
- I have a general understanding of what's involved in getting sclerals, from referral and assessment, to the fitting process, training and lens dispense, to learning to live with sclerals.
- I understand that fitting and training may be an emotionally taxing process.
- I understand I need a provider with specialist knowledge, training and experience, or one who is being mentored by an expert.
- I understand scleral lenses costs include the following, and that the major costs are not always covered by insurance.
 - Upfront costs (not normally refundable if it doesn't work out)
 - Monthly supplies
 - Replacements for loss or breakage
 - Potential to need a new fitting if my eye health changes
- I understand that living with sclerals has its complexities that I need to prepare and plan for.

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Part 2 - Preparing

See mbfsl.org/preparing

Questions to discuss with my referring doctor

- What is my medical indication for scleral lenses?
- What are my alternative treatment options?

Questions to discuss with my lens provider

- What is your goal for me with sclerals?
 - In what way(s) do you expect sclerals to improve my vision, disease status, daily eye comfort or something else?
- What is your best advice to help me make sure my expectations are realistic?
- Can you describe the fitting process?
- Who will provide the training I need in order to apply, remove, and care for my sclerals?
 - How much time will be devoted to this?
 - What happens if I need extra help?
- About how many appointments do you expect I will need? What determines this?
 - How much time normally lapses between appointments?
- Assuming the fitting process is successful, how frequently will I need to come for follow-ups?
- Under normal conditions, how often should I expect to replace my sclerals?

Questions to discuss with my provider's billing staff

- What financial commitments will I need to make if I pursue sclerals, and when?
- Does your office take responsibility for determining my insurance benefits for sclerals, and for billing insurance if I proceed?
- Is there any lens warranty period applicable? If so, can you explain how it works?
- What is the cost to replace a lost or damaged scleral?

Questions to discuss with myself

- Do I have clear and specific goals that I hope sclerals will achieve for me?
- Do my needs and expectations seem to tally with my provider's expectations for me?
 - Am I confident I have communicated my needs clearly?
- Would I benefit from emotional support for this process? If so, how will I get it?
- Do I feel confidence in my provider?
- Can I afford sclerals, in terms of initial costs, monthly supplies and replacements when needed?