

# Scleral Lens Safety Check

## Application and Removal

- 1 I can consistently apply my sclerals without bubbles.
- 2 I can consistently remove my sclerals and the suction breaks readily.
- 3 My eyes look and feel okay (not significantly worse than usual) immediately after removing my sclerals.

## Filling solutions

- 4 I fill my sclerals only with preservative-free solutions approved by my lens provider.
- 5 I follow instructions for when to discard preservative-free solutions after opening.

## Disinfection

- 6 I disinfect my sclerals after use, using either a hydrogen peroxide system or a multi-purpose solution approved by my lens provider.
- 7 I follow the manufacturer's instructions for a complete disinfection cycle\* with fresh solution.

\*Examples: Clear Care requires 6 hours; Unique pH requires 4 hours; Boston Simplus requires 4 hours; Tangible Clean requires 6 hours. Each manufacturer provides steps to follow prior to soaking.

## Storage

- 8 For temporary storage needs (e.g. napping, swimming), I place my sclerals in a case filled with multi-purpose solution.
- 9 I follow my lens provider's instructions regarding dry or wet long term storage of spare or duplicate sclerals.
- 10 I disinfect stored sclerals before returning them to use.

## Water Safety

- 11 I wash and dry my hands before handling my sclerals.
- 12 When I rinse my sclerals, I use saline or multi-purpose solution (not water).
- 13 I remove sclerals before showering, or I wait till after I've showered to put them in.
- 14 I remove sclerals before swimming.

## General

- 15 I stay within my provider's recommended limits for daily wear time.
- 16 If I have concerns about the safe handling and care of my sclerals or about my eye health, I contact my lens provider.

	None of the time	Some of the time	Half of the time	Most of the time	All of the time	
1 I can consistently apply my sclerals without bubbles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2 I can consistently remove my sclerals and the suction breaks readily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3 My eyes look and feel okay (not significantly worse than usual) immediately after removing my sclerals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4 I fill my sclerals only with preservative-free solutions approved by my lens provider.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5 I follow instructions for when to discard preservative-free solutions after opening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6 I disinfect my sclerals after use, using either a hydrogen peroxide system or a multi-purpose solution approved by my lens provider.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7 I follow the manufacturer's instructions for a complete disinfection cycle* with fresh solution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	N/A	None of the time	Some of the time	Half of the time	Most of the time	All of the time
8 For temporary storage needs (e.g. napping, swimming), I place my sclerals in a case filled with multi-purpose solution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 I follow my lens provider's instructions regarding dry or wet long term storage of spare or duplicate sclerals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I disinfect stored sclerals before returning them to use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 I wash and dry my hands before handling my sclerals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 When I rinse my sclerals, I use saline or multi-purpose solution (not water).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 I remove sclerals before showering, or I wait till after I've showered to put them in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 I remove sclerals before swimming.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 I stay within my provider's recommended limits for daily wear time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 If I have concerns about the safe handling and care of my sclerals or about my eye health, I contact my lens provider.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

