

**OPTOMETRISTS  
CONTACT LENS PRACTITIONERS  
BEHAVIOURAL OPTOMETRY  
CHILDREN'S VISION**



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## Care of Scleral Contact Lenses

The list of Solutions you will need will include some or all of the following :

- Boston Simplus Multi-action Solution
- **Boston One Step Liquid Enzymatic Cleaner**
- Boston Advance Cleaner
- Reclens 500ml Saline
- **Reclens Unit Dose Saline**
- **PolyGel Unit Dose Lubricant**
- **Sof/Pro 2 Extra Strength Daily Cleaner**
- **Progent Intensive Cleaner**

On removal of your lenses

1. Place one or two drops of cleaner on the lens and hand. Rub the lens using your index finger in the palm of your hand. It can also be cleaned by rubbing it between the index finger and thumb.  
Your cleaner is Boston Simplus / **Sof/Pro 2** / Boston Advance Cleaner
2. Rinse the cleaner off thoroughly using the Reclens 500ml saline.  
This is very important in the case of the **Sof/Pro 2** which is alcohol based and will STING the eyes if not rinsed thoroughly.
3. Store your lenses in the case with FRESH Boston Simplus Multi-action Solution.

Inserting your lenses

1. Remove the lens from the case. Always try to insert/remove your lenses in the same order and only open one side of the case at a time. This helps you to know which lens you should be handling and will help to stop you mixing them up.
2. Rinse the lens lightly with the Reclens 500ml saline.
3. Place the lens on the large suction cup and fill it with the **Reclens Unit Dose saline**. This saline is non-preserved. Do not use the preserved saline in the bottle as this is only used for rinsing.
4. Insert the lens as instructed ensuring no air bubbles get caught under the lens. If this is a persistent problem you can use the **PolyGel unit dose lubricant** in the early stages of your wear as this is much more difficult to dislodge on insertion. Once your skills have developed to a confident level revert back to the unit dose saline as your solution of choice for insertion.

Weekly/Monthly Intensive Cleaning

1. It is recommended that you use the **Boston One Step Liquid Enzymatic Cleaner** once a week. You do this by placing one drop of the cleaner in your case with the Boston Simplus overnight. Be sure to rinse the lenses thoroughly the next morning before insertion.
2. Every 4-6 weeks use the **Progent Cleaner**. This is a two part system. Mix parts A and B into the provided green topped case. Lenses are placed into the right and left holders attached to the lid. Place the lid on the case thereby inserting the lenses into the mixture of parts A and B of the **Progent**. Leave the lenses sitting in the solution for no longer than 30 minutes.
3. Rinse the lenses thoroughly with the Reclens 500ml saline. The **Progent** solution must not come in contact with the eye.
4. After rinsing the lenses thoroughly, place them in the regular case with the Boston Simplus solution for overnight storage and disinfection.
5. Insert the lenses the next morning as per usual after a further rinse.