

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



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Scleral Contact Lenses

Scleral contact lenses are large diameter rigid gas permeable (RGP) contact lenses that typically rest on the white of the eye (the sclera) and vault the cornea. Traditional RGP contact lenses rest on cornea and usually are from 8.0 to 13.5 mm in diameter. Scleral contact lenses are much larger in diameter. Current generation RGP scleral contact lenses are usually 16.0-16.5mm in diameter but can be made bigger if needed to ensure the correct fit. With the lens sitting up under the lids due to its size, there is minimal lid/edge of lens interaction making these lenses very comfortable on the eye.

As the lenses vault the cornea this space needs to be filled with non-preserved saline to ensure good optics are achieved. This necessity is another reason these lenses are so comfortable to wear, The layer of saline between the lens and the cornea constantly hydrates the cornea. These lenses do not dry out as the day goes by, which is a common comment raised by patients who wear soft and smaller diameter RGP lenses.

The scleral contact lens sits securely on the eye and does not move like soft and smaller RGP contact lenses. They do not dislodge off the cornea.

Their large diameter allows a large central optic zone which gives patients a larger field of view with a much reduced likelihood of the glare issues suffered by wearers of smaller diameter lenses when they encounter lights and car head lights at night.

FITTING PROCESS (one hour appointment followed by a one hour break followed by a 30 min appointment)

An initial consultation (30 mins) is required to assess the health of your eyes and your suitability for these lenses. Following the initial examination a trial fitting of these lenses is booked. This involves 2.5 hours of your time. The initial fitting process takes 1 hour. At the end of this hour you will be wearing a pair of lenses, experiencing the comfort these lenses offer. You will wear these lenses for a further hour after which you will be re-examined. This second consultation will take 30 minutes. The lenses will be re-assessed as to the fit and you will be shown the potential acuity (vision) you will achieve with the lenses on your eye. In most cases after this 2.5 hour fitting we will be able to order your lenses.

DELIVERY and FOLLOW-UP

A one hour appointment is scheduled to collect your lenses usually 2 weeks after the order is placed. At the delivery your lenses will be inserted for you, vision and fit confirmed and you will then be taught how to remove, insert and care for your lenses.

We will ensure you have the right skills, confidence and knowledge of how to wear and care for your new lenses. Review visits are scheduled on a needs basis but typically are one week after collection, four weeks after collection then on a needs basis.

SUMMARY OF ADVANTAGES

- Large diameter ensures maximum comfort compared to both soft and smaller RGP contact lenses
- Layer of saline between the lens and cornea keeps cornea hydrated maximising wearability negating de-hydration
- Lens not touching the cornea reduces the risk of corneal abrasions caused by the lens
- The lens moves 'one with the eye' so in most cases you won't know it's there
- Large optics reduces the glare and dazzle of lights at night often experienced with smaller hard lenses
- Large size makes them easy to handle out of the eye and difficult to lose.

CONDITIONS SUITED TO SCLERAL LENSES

- Keratoconus
- Pellucid Marginal Degeneration
- Irregular astigmatism
- Corneal grafts
- Patients with severe dry eye
- Patients with reduced wearing time with soft and RGP lenses due to dryness caused by air conditioning
- Patients with high myopia, high hyperopia and astigmatism.

If you have any questions regarding scleral contact lenses or wish to book an appointment please call either practice and we will be happy to assist you.