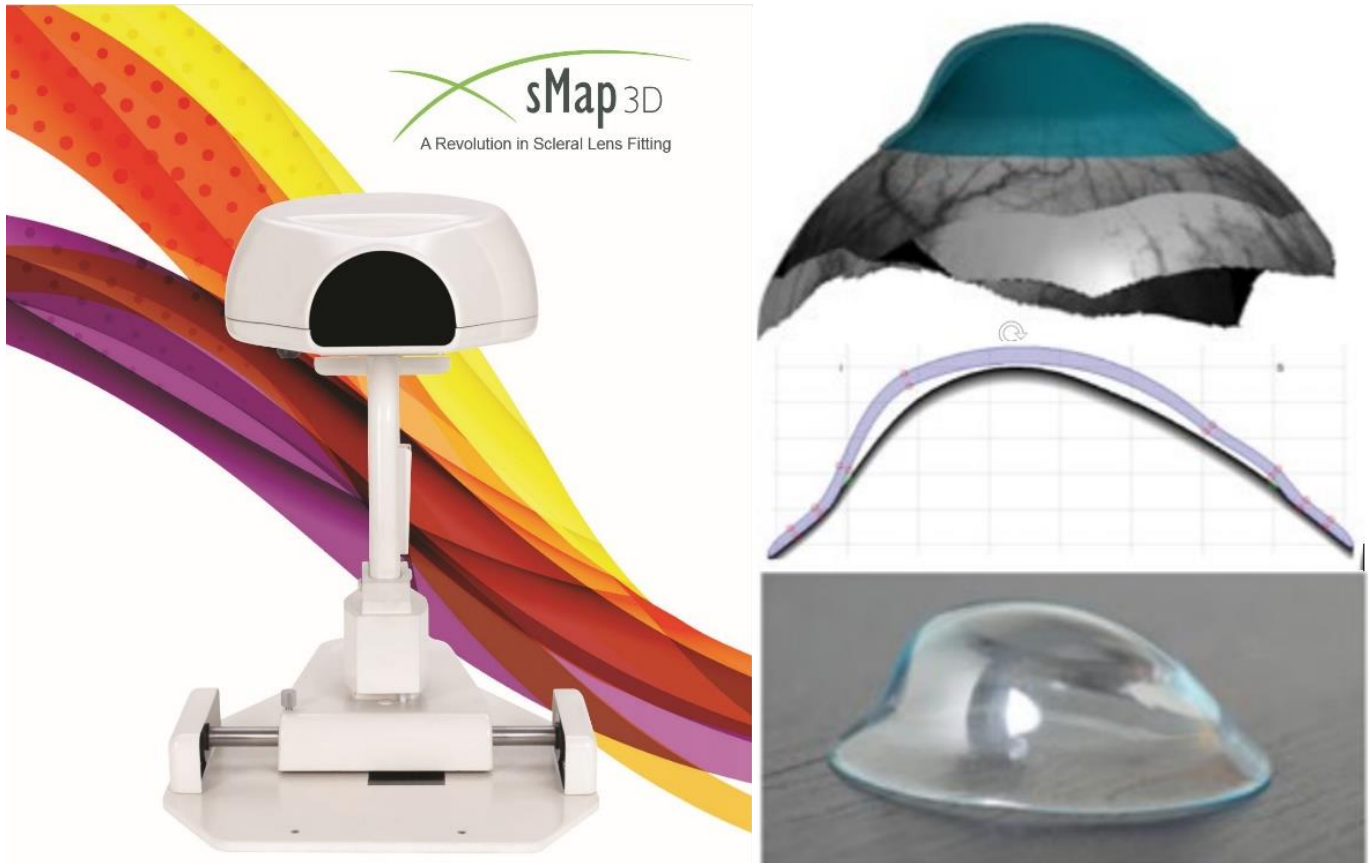
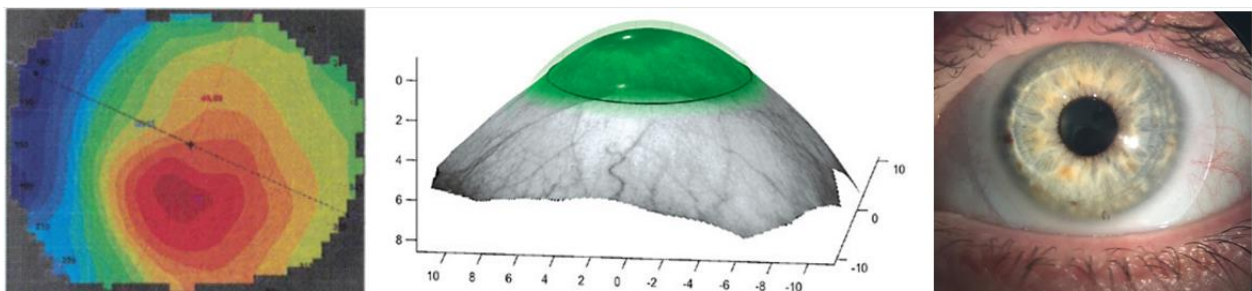


# Scleral Lens Program



Turning technology into vision.



## Introduction

The fitting process for scleral lenses is quite long and complex, so the aim of this document is to help you understand what to expect, and what we expect of you when you sign up for the program.

## About your scleral lenses

Your scleral lenses are custom made to contour the irregular surface of your eye. The shape is unique to your eye, and your right lens won't suit your left eye, nor vice versa. To protect the health of your eyes we use the most suitable lens material, and usually that is the one that allows the maximum amount of oxygen through to the eye. We also design the lens with the optimal amount of tear film – as too much leads to oxygen deprivation.

## Time commitment

The biggest difference our patients notice between getting regular contact lenses and scleral lenses is the time it takes to get them. So, to give you a better idea of what to expect here's a list of what we do:

- Assess and profile your eyes
- Custom design your lenses with software analytics
- Assess the fit of the lenses on your eyes on the first day you wear it
- Assess again after 8 hours
- Teach you how to handle and care for your lenses
- Follow-up after 1 week, then 1, 3 and 6 months

## What you'll get

- All consultations related to scleral lenses within the first 6 months free of charge. This includes analysing your eyes, designing your lenses, educating you on how to handle and care for your lenses and follow-up reviews.
- All necessary scans, including initial profiling of your cornea and sclera, as well as ongoing anterior slitlamp photography and anterior optical coherence tomography.
- Contact lens solution kit: AOSept Starter Pack, 8 Thera Tears ampoules, CHIO lens inserter and lens remover.

## The process

**1<sup>st</sup> visit:** The initial assessment often takes about 1 hour and includes a regular eye exam as well as scanning your cornea and sclera to get a 3D-profile map.

**2<sup>nd</sup> visit:** The initial fitting of your first lenses can take between 60 and 90 minutes.

**3<sup>rd</sup> visit:** After the initial fitting, you will also need a 30-minute review 6-8 hours later in the day.

**4<sup>th</sup> visit:** We spend 30 minutes educating you on how to handle your lenses.

**5-8<sup>th</sup> visit:** We review after 1 week, then 1, 3 and 6 months (30-60 minutes as needed).

Keep in mind there is a short warranty period (usually 4 months) at the start of the fitting process during which we allow time to make changes to your lenses at no extra cost - so please ensure you are not heading away on holidays during the warranty period.

## Our fees

Our fitting fee covers all of the appointments needed to do what is listed above, and there is no extra charge if it takes more than the scheduled appointments to check, redesign and review a lens until it is right for you.

We offer 2 packages:

**Regular Scleral Lens Package: \$3000**

\$1700 fitting/consult fees, plus \$1300 for 2 custom scleral lenses

**Single Scleral Lens Package: \$1600**

\$950 fitting/consult fees, plus \$650 for 1 custom scleral lens

## Payment

A minimum deposit of \$1500 is required before we order your lenses or \$900 for a single lens. The remainder of the package fee must be paid in full before you take the lenses home. If you are unable to adapt to wearing the lenses, or the lenses do not improve your vision to the level you expect your account at Simpson Optometry will be credited for the unused portion of the consult fees and for 50% of what you paid for the lenses.

## Refitting

If in the future your prescription or eye shape changes enough to warrant a change in your lenses, the cost of changing the prescription is the same as a new custom lens, but if your eye shape changes and you require a new lens design, please be aware you will need to be scanned again and you'll be charged for the time to design your lens/lenses and the consequent consultations.

## Damaged or lost lenses

Scleral lenses are reasonably small and delicate and can be lost or damaged if mishandled. A lens will take around 2 weeks to replace so we strongly recommend you get a spare lens for your dominant eye to tide you over for those 2 weeks. We offer a 25% discount off the regular price if you order a spare lens within 6 months of getting your first lenses, Please note that these lenses are duplicates of the lost or damaged lens, and there will be extra fees if it's necessary to adjust or modify the lens.

## Handy tips to get the best out of your lenses

- On the first day, we recommended you wear your lenses for a maximum of 4 hours to allow your eyes to adapt to them. Then add 1 hour each day afterwards as you build up to 12, 14 or 16 hours.
- Do not add hours if your eyes feel uncomfortable. Rather let your optometrist know about your discomfort as soon as possible.
- Do not overwear your lenses – if they feel uncomfortable, take them off and try again the next day. If they are worse than the day before, leave them out and come in to see your optometrist.
- Follow up appointments are a must for us to ensure your eyes stay healthy and your vision is as good as possible. The usual review pattern is after 4 or 8 hours on the first day, then near the end of the day after 1 week and again at the end of the day after 1 month.
- You might experience a slight fogging effect while wearing your new lenses – this is a mucous response by your eye to the lens and the solution in the lens, and this usually decreases as your eyes adapt. It is important to take care and to not drive if your vision is poor.
- Always use the solutions recommended by your optometrist – some solutions don't clean as well as others so changing them might increase your risk of an infection, while some have a higher rate of allergic reactions. In addition, the solutions commonly used for soft contact solution won't properly clean your scleral lenses like a peroxide solution will.
- It is wise to check with your optometrist before changing any cleaning or disinfecting routines.
- Always handle your lenses with clean hands and avoid tap water - there is a full list of instructions on how to wash your hands our website.
- Do not forget to replace your lens case every time you open a new bottle of peroxide cleaning solution. This reduces the risk of infection from a contaminated case.
- Always replace the lids on your cleaning solution bottles after using them, and do not let the tip of the bottle touch anything as this might contaminate the solution in the bottle.
- Lastly, if your eye becomes red or sore or your vision blurs despite blinking or rinsing the lenses, we recommend you immediately stop wearing your lenses and book in to see your optometrist.

## Caring for your lenses

To keep your eyes healthy and to prolong the life of your lenses, we recommend you follow these instructions:

### Each time you put a lens into your eye

- Wash your hands thoroughly with soap and water.
- Dry your hands on a clean, lint-free towel and paper towel.
- Move to a room other than the bathroom.
- Remove the right lens from its case with your fingers.
- Rinse the lens with preservative-free saline in case there is any residue on it.
- Fill the lens with TheraTears, ensuring there are no air bubbles as they will make your lens feel uncomfortable and distort your vision.
- Insert the lens onto the right eye with a lens holder/CHIO.
- Repeat all steps again for the left lens.
- Tip out the remaining cleaning solution from the case.
- Dry the case with a clean tissue.
- Store the case in a clean, dry place.

### Each time you remove a lens from your eye

- Wash your hands thoroughly with soap and water.
- Dry your hands on a clean, lint-free towel or paper towel.
- Move to a room other than the bathroom.
- Remove the lens with a rigid contact lens removal tool by first wetting the tip with saline before pressing the tool against the lower part of the lens and hinging upwards in a slow and steady arc.
- If your lenses are NOT coated with Hydra-PEG, apply gentle pressure to rub the lens with daily cleaner between your fingers, rinse off all the daily cleaner with saline or soft contact lens multipurpose solution before storing them in the case.
- Place the lens in its holder in the case – right lens in the right holder, left lens in the left.
- Repeat the above for the left lens.
- Fill the case to the marked line with the AO Sept cleaning and disinfecting solution and wait 6 hours for the peroxide to neutralize.

## Intensive protein removal

### **DO NOT USE PROGENT PROTEIN REMOVER ON HYDRA-PEG COATED LENSES.**

Over time, your lenses will need an intensive clean to remove the buildup of protein on the surface. This is usually done once a fortnight or month, depending on how rapidly protein builds up on your lenses, and you will be advised on this by your optometrist.

## Scleral Lens Program Agreement and Consent

*Please tick the box next to each statement to show you agree to each of them.*

- I have read and I understand all the information on all four pages of the Scleral Lens Program.
- I understand and agree to the outline, terms and expectations of the Scleral Lens Program.
- I have been informed of my responsibilities as a patient using scleral lenses.
- I understand the importance of following the instructions and advice given to me by my optometrist.
- I understand that following the completion of my scleral lens fitting, and while I am still wearing scleral lenses, I need to see my optometrist every 6 months for a review to ensure my eyes are still healthy and the lenses are working correctly.
- I understand that during the early stages of the treatment my vision might not be perfect and I might require supplementary glasses to see clearly.
- I understand that even if I follow the instructions of my optometrist in regards to contact lens hygiene and wearing instructions, there is still some risk of adverse eye health events, including corneal infections that in extreme cases might lead to the loss of vision.
- I understand that the cost of lenses may change in the future.
- I understand that scleral lenses have their limitations and the quality of vision they provide might be limited by what is possible given the condition of my eye as well as the availability of lens designs and technology.
- I understand I am not entitled to a full refund of the fees paid if my scleral lens result is unsatisfactory but am entitled to any unused portion of the consultation fees, and 50% of the cost of the lenses, which will be given to me in the form of a credit on my account at Simpson Optometry.

Please ensure you have ticked all the boxes before signing below and returning this page to your optometrist.

If you have any questions or you require more information before signing, please ask us in person, via phone or email.

Name: \_\_\_\_\_

Optometrist: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_