

Delaney

EYE CENTER

FAQ

1. Will my lenses pop out of my eyes?

A properly fitted scleral lens will not “pop out” of your eye. These lenses are designed to sit on the white portion of the eyes (sclera). Because of this, the lenses are very stable, and extremely comfortable.

2. Can I sleep in my lenses?

No, you should not sleep in contact lenses. Sleeping in lenses reduces oxygen flow to the eye, which can cause corneal swelling and lead to abnormal blood vessel growth into the cornea. This also applies to napping. Your eyes/lenses will feel dry and irritated. If you accidentally nap with them in, remove the lenses and give your eyes a break. Be sure to soak the lenses in solution before reapplying them.

3. Can I shower in my lenses?

No, this applies to all contacts! Showering with your lenses will cause severe dryness. The moisture in the shower will cause corneal inflammation. The lenses will “stick” to your eyes, and your eyes will suffer. Showering with lenses can also cause serious eye infections. Contacts are like sponges, and they can attract microorganisms such as bacteria and fungi. Please remove your contacts before showering. “Naked body, naked eyes please!”

4. Can I swim or go to the beach with my lenses on?

Yes, but take some precautions! If you're diving into the water, make sure to wear swim goggles to protect your eyes. And don't forget your polarized sunglasses to shield yourself from the sun, wind, and that annoying sand. Also, keep in mind that you might be a bit more light-sensitive with your scleral lenses, so sunglasses-es are a must! Also, once you get home from the beach—remove, resoak lenses, and rest your eyes for a bit.

5. Can I exercise with my lenses on?

Yes, go ahead! Just know that any sport that has a lot of wind blowing at your face (like running or cycling) can cause your lenses to dry out. Pro tip: after an intense workout, it's a good idea to remove, resoak & reinsert your lenses. And remember, do not shower with your lenses in.

6. Can I cry with my lenses on?

Oh boy, crying with lenses is not recommended! Those emotional tears come packed with hormones and proteins that will dry out your eyes and your contact lenses. Too many tears can disrupt your tear film, leading to blurry vision and that annoying gritty sensation. So, if you're anticipating a breakup, planning a sad movie marathon, or just feeling overly dramatic, try to either hold back those tears or take out the lenses first. Your eyes will thank you later!

7. Will intense wind or temperature cause my lenses to dry out? How about smoke?

Yes, it can! If you're planning on activities like boating or even golfing, strong winds can dry out your lenses. Likewise, exposure to intense heat—like sitting by a campfire, getting a blowout, or cooking on a hot grill—can have the same effect. Just keep this in mind, as your eyes might feel a bit dry. Smoking or being around smoke is not great for contact lens wearers. Smoke will irritate your eyes and your lenses. To combat dryness, using Refresh Plus eye drops can be a lifesaver. And when you get the chance, remember to reinsert your contacts for extra comfort.

8. Do I need to clean and disinfect my lenses every night?

Yes! Cleaning the lenses with an approved solution removes deposits from the lens surface and kills microbes that potentially cause eye infections.

9. Why do I need to use preservative-free solutions to fill the lens?

There is minimal tear exchange when the lens is on the eye. Long-term exposure to preservatives can cause a sensitivity or toxicity to the cornea resulting in redness and irritation.

10. Can I rinse my lenses with tap water?

No. Even tap water can harbor pathogens including Acanthamoeba, the dangerous amoeba that can cause painful, vision threatening eye infections. It is recommended to rinse lenses with non-preserved sterile saline.

11. Can I use eye drops with my lenses in?

Medication eye drops cannot penetrate through the scleral lenses. It is recommended to instill drops at least 5 minutes prior to insertion of lenses or after lenses are removed. If your lenses feel dry, best is to remove and re-insert them. If that is not possible, we ONLY recommend using Refresh Plus preservative-free eye drops while wearing the contact lenses.

12. Can I wear makeup or face creams or lotions with my lenses in?

Yes, but apply lenses prior to using makeup, face creams or lotions. If these products come in contact with the lens surface, they can disrupt the quality of vision and cause



stinging and irritation to the eye.

13. I cannot find my lens care products at the store. Where else can I order solutions or extra plungers?

Solutions and plungers can also be found at online marketplaces such as Amazon or The Dry Eye Shop (www.dryeyeshop.com). Certain products like Nutrifill can be purchased from their own company web store. For your convenience we have all products available at Delaney Eye Center and offer shipping.

14. How many hours per day can I wear my lenses?

After an initial adaptation period (where you gradually increase your wear time), you can wear your lenses all day. Keep in mind that every person is different, and no lens should be worn if it becomes uncomfortable, painful, or if the eye becomes red and irritated. Ultimately your wear time should be determined by you and the professionals at Delaney Eye Center. We also recommend a Mid-Day reapplication for added comfort. Simply remove your lenses, let them soak in the solution for a few minutes, and then reapply. Don't forget to lubricate your eyes while your lenses are off for extra hydration!

15. How do I know if there is an air bubble?

If you insert the lens and notice that your vision is blurry or the lens feels uncomfortable, you definitely have an air bubble trapped underneath. In the Scleral Starter Kit there is a Magnifying i-Chek mirror that helps check for air bubbles. If you are in doubt, take it out and re-insert.

16. I can see a ring where the lens was on my eye after I remove the lens. Is this normal?

Yes, it is normal. It is referred to as an impression ring and is like the marks left on your skin after you take off your socks or watch. This ring will gradually fade away after removing the lenses. If you experience a significant amount of redness after removing the lenses, please contact Delaney Eye Center, as this may indicate a fitting issue. Remember to lubricate your eyes before you remove your scleral lens; this will help loosen the lens for easier removal. Also, do not forget to wet the plunger. This is VERY important and will help minimize any irritation during removal of your sclerals.

17. How do I store my lenses when I am not wearing them? Or extra/back up lenses?

Lenses that are not being used for over a week, should be disinfected as instructed and then stored dry in a clean case. For less than a week, please store them in solution and disinfect them again prior to insertion.

18. How often do I need to follow up with my eye doctor?

Scleral lens wearers are often fit in these types of lenses due to ocular irregularities and diseases. It is important to evaluate progression of corneal irregularities and the long-term health of the eyes while wearing scleral lenses every 6 months.

19. How often should I replace my contacts?

At Delaney Eye Center, our team of professionals strongly recommends replacing your scleral lenses every year. As we often tell our patients, “Just because you can wear your lenses longer, doesn't mean you should.” Since our corneas are already compromised, it's essential to take care of them and avoid further damage or irritation. Some patients—Dr. Salazar included—choose to replace their lenses every six months, and they often notice a significant difference with a fresh pair. Over time, just like glasses, lenses can become scratched, lose their coatings, and accumulate deposits, all of which can affect comfort and vision quality. Keeping your lenses up to date ensures your eyes stay healthy and your vision stays sharp.

20. Is it ever necessary to wear glasses over scleral lenses to achieve sharpest vision?

Yes. Two vision situations come to mind:

1. First, some patients may experience a phenomenon known as “residual astigmatism.” While scleral lenses often correct most astigmatism, there are instances where some residual astigmatism remains. In such cases, we can incorporate the necessary correction into a pair of eyeglasses worn over the scleral contacts.
2. Additionally, patients over 40 often have trouble with near vision. To address this, we offer two options:

Reading Glasses: Patients can wear glasses over their scleral lenses for improved near vision.

Monovision Correction with Distance Glasses: We can adjust the power of one lens so that one eye focuses on near objects while the other focuses on distance. This approach typically requires part-time glasses to enhance distance vision.

Dr. Salazar herself wears “monovision” and finds it very effective. However, we understand that everyone is unique, and we will customize the lens prescription to meet each patient's specific visual needs.