

Master the art of Zenlens®

Inserting and removing your scleral lenses using a plunger.

Reminder: Always thoroughly wash and dry hands before handling your lenses.

INSERTION USING AN APPLICATION PLUNGER

1		2		3	
	Place one clean lens in the center of your palm and rinse thoroughly with the preservative-free saline solution		Gently balance the lens on the open end of the application plunger and fill the lens with solution so that a rounded drop rises above the lens edge		Hold your eyelids open widely and set the lens in the center of the eye

REMOVAL USING A REMOVAL PLUNGER

1		2		3	
	Drop 1 to 2 rewetting drops over your lens		<ul style="list-style-type: none">• Moisten the top of the application plunger with 1 to 2 drops of saline solution• Gently attach the plunger to the lower edge of the lens• Tilt the lens up and off your eye		<ul style="list-style-type: none">• Clean, disinfect, and store your lenses and plunger as recommended by your eye care professional• Store your lenses in fresh solution



START YOUR ZENLENS® SCLERAL LENS JOURNEY

Please follow your eye care practitioner's directions for use and care of your Zenlens® scleral contact lenses.

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Master the art of Zenlens®

Inserting and removing your scleral lenses using your fingers.

Reminder: Always thoroughly wash and dry hands before handling your lenses.

INSERTION USING YOUR FINGERS



Place one clean lens in the center of your palm and rinse thoroughly with the preservative-free saline solution



Gently balance the lens on a platform formed with your thumb, index, and middle finger, and fill the lens with solution so that a rounded drop rises above the lens edge



Hold your eyelids open widely and set the lens in the center of the eye

REMOVAL USING YOUR FINGERS



Drop 1 to 2 rewetting drops over your lens



- Over a lint-free towel, use the fingers of one hand to pull your upper eyelid up
- With your other hand, pull your lower eyelid down and then back up to get it under the lower edge of the lens
- Use the bottom eyelid to pop the lens out



- Clean, disinfect, and store your lenses as recommended by your eye care professional
- Store your lenses in fresh solution



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