

# 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



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

2



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

3



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

## REMOVAL USING A REMOVAL PLUNGER

1



Drop 1 to 2 rewetting drops over your lens

2



- 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

3



- 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

2



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

3



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

2



- 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

3



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



### START YOUR ZENLENS® SCLERAL LENS JOURNEY

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