

# Master the art of Zenlens®

A simple, no-stress guide to inserting  
and removing your scleral lenses



 Zenlens®  
scleral lenses

## Two insertion and removal methods

Zenlens® can be inserted and removed using either:

- An application plunger
- Your fingers

We'll show you how to perfect both methods in the following insertion and removal directions in this guide.

## See the world anew A guide to inserting Zenlens®

### WHAT YOU'LL NEED:

- Your lenses
- Application plunger, depending on your preference
- Preservative free saline solution, like ScleraFil®
- Cleaning, disinfecting, and storage solution, like Boston SIMPLUS®
- Lint-free towel
- Mirror





1 Wash your hands and dry them with your lint-free towel.



2 Remove one of the clean lenses from your case, place it in the center of your palm, and rinse the lens thoroughly with the preservative free saline solution.



3 **If you are using a plunger:** Gently balance the lens on the open end of the plunger.

**If you are using your fingers:** Press your thumb, index, and middle fingers together to form a platform on which you can gently balance the lens.



4 Fill the lens with solution so that a rounded drop rises above the lens edge.



5 Careful not to spill the solution, bend over and look straight down.



6 With your other hand, hold your eyelids wide open and slowly set the lens in the center of your eye. Blink. Success!

**Note:** Air bubbles sometimes happen. If you notice any, remove the lens and try again.

# INSERTION

Calm and simplicity are at the root of the Zenlens® experience, especially when it comes to inserting and removing your lenses. With this guide and comprehensive video, you can master the art in no time.

## Find your Zen A guide to removing Zenlens®

### WHAT YOU'LL NEED:

- A clean and empty lens case
- Removal plunger, depending on your preference
- Preservative free saline solution, like ScleraFil®
- Cleaning, disinfecting, and storage solution, like Boston SIMPLUS®
- Rewetting drops, like Boston® Rewetting Drops
- Lint-free towel
- Mirror





1 Wash your hands and dry them with your lint-free towel.



2 Drop 1 to 2 rewetting drops over your lens to help loosen it.

**Note:** It's important to begin with the same lens, so you don't confuse the left for the right.



**If you are using a plunger:**

1. Add 1 to 2 drops of saline solution to the open end of the plunger
2. Gently attach the plunger to the lower edge of the lens
3. Use the plunger to tilt the lens up and off your eye



**If you are using your fingers:**

1. Lay down the lint-free towel
2. Use the fingers of one hand to pull your upper eyelid up



3. With your other hand, pull your lower eyelid down and then back up to get it under the lower edge of the lens
4. Leaning over the towel, use the bottom eyelid to pop the lens out



4 Clean, disinfect, and store your lenses and plunger as recommended by your eye care professional. **Success!**

# REMOVAL



**Need more help?**

Scan here to watch the insertion and removal video.

## **Important Information for Gas Permeable and Customized Soft Contact Lenses**

Contact lenses are available by prescription only for vision correction. Consult your eye care professional to determine if contact lenses are right for you. Wearing and replacement schedules are determined by your eye care practitioner and it is important to follow the directions you are given regarding proper wear and care. These lenses are for daily wear and should not be worn while sleeping.

### **WARNINGS:**

Although rare, serious eye problems resulting in loss of vision can develop while wearing contact lenses. If you experience eye discomfort, excessive tearing, vision changes or redness of the eye, immediately remove your lenses and contact your eye care professional. Smokers have a higher risk of adverse reactions to contact lenses than non-smokers.

### **CONTRAINDICATIONS (REASONS NOT TO USE):**

There are certain instances when contact lenses should not be worn. Do not wear contact lenses if you have: Inflammation or active infection of the eye or eyelids; severe dry eyes; or if you have an allergy to any ingredient in a solution which is to be used to care for contact lenses.

### **POTENTIAL SIDE EFFECTS:**

Contact lenses may cause itching, burning, tearing, redness or other eye discomfort or pain. If symptoms occur, you should remove the contact lens, check it for dirt or other foreign objects, clean the lens and reinsert it. If symptoms continue, remove the lens and contact your eye care professional immediately.

®/™ are trademarks of Bausch & Lomb Incorporated or its affiliates.  
©2022 Bausch & Lomb Incorporated or its affiliates. ALZN.0038.USA.22

