Starting Scleral Lenses Made Simple

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Course Outline

I. What are considered "specialty lenses"?
   A. Contact lenses that would be considered medically or visually necessary.
   B. Contact lenses that are not "otf the shelf" and are considered "custom."

II. Why fit specialty lenses?
   A. Significant improvement in vision over traditional glasses and contact lenses for some patients
   B. Sets your practice apart and gain referrals from other eye care providers
   C. Benefits for patients and for your practice

III. Types of specialty lenses and best patient candidates
   A. Scleral and semi-scleral lenses
      1. Corneal ectasia
         a) Keratoconus
         b) Marginal degenerations such as pellucid
      2. Post corneal surgery
         a) s/p LASIK, PRK, and PRK procedures
         b) s/p corneal transplant
      3. Corneal scarring
         a) s/p infectious keratitis, injury or HSK/HZO
      4. Ocular surface disease
         a) Severe OSD/dry eye
         b) Sjogrens
      5. High astigmatic refractive error or irregular astigmatism
   B. Rigid Gas Permeable (RGP) lenses
      1. Many of the same indications as scleral lenses

2. Patients who have worn RGP previously and are having issues with comfort or vision
3. Patients in SV RGP who desire multifocal correction

C. Orthokeratology lenses
1. Myopia management
2. Alternative to refractive surgery

D. Other specialty lenses
1. Custom soft lenses
a) High refractive error
b) Multifocal and/or multifocal toric
c) Cosmetic improvement
2. Hybrid lenses
a) Overlap with sclerals and RGPs
b) Clarity improvement for astigmatism when soft lenses aren't adequate and/or RGP not an option d/t comfort, movement, environment etc.

IV. Equipment considerations:

A. Basics
1. Slit lamp
2. NaFl stain
3. Wratten filter

B. Topography
1. While you can fit some custom lenses using keratometer only your speed and accuracy will improve with topography.
2. Topography is needed if orthokeratology is done

C. Advanced equipment that is nice but not a necessity to get started:
1. OCT
a) Very helpful in scleral fitting as well as in some hybrid lens designs
b) Speeds the process as well as removes guesswork from clearance amount and edge landing
2. Scleral topographer

V. Fitting Case Reports

A. RGP Multifocal
B. Ortho k for myopia control
C. Scleral