

L&B Laboratories, Inc.

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Care Instructions For Your Ocular Prosthesis

REGULAR MAINTENANCE:

Clean your eyelashes daily to keep them free of mucus build-up. Mucus that dries on your eyelashes may flake off on to the prosthesis and irritate your eye socket.

You may rinse/flush your prosthesis or eye socket with any commercially available saline solution or eye irrigation solution.

Apply a lubricant daily. See below for recommended lubricants.

Why apply a lubricant? Although your tear glands may be functioning normally, the hydrophobic nature of the acrylic eye prevents a normal tear film from remaining on the prosthesis. Without this protective film, your eyelids can become irritated and begin producing mucus to protect the delicate tissue lining the underside of your eyelids.

Avoid removing your prosthesis unnecessarily. Excessive discharge (tearing and mucus) from your socket may be due to the repeated washing away of your natural tear film.

Not wearing a prosthesis for 24 hours or more may allow an enucleated or eviscerated socket to contract, making re-insertion of the prosthesis difficult or painful.

Make regular visits to your ophthalmologist.

Cleaning and polishing your prosthesis is recommended once every six months to maintain a healthy socket. Over time, protein, excreted in our tears, slowly builds up on the prosthetic surface. Protein is abrasive to the lining of your eyelids and causes irritation. Periodic cleaning and polishing of your prosthesis by an ocularist keeps your prosthesis free of this irritant. Appointments usually require only 30 to 40 minutes. Please call to schedule your appointment.

CLEANING AGENTS:

Do not use abrasives (such as toothpaste or denture cleaner) to clean your prosthesis. If you remove your prosthesis, wash it with warm water and Johnson&Johnson's Baby Shampoo. To loosen stuck-on debris, soak the prosthesis in hydrogen peroxide.

Do not expose your prosthesis to isopropyl alcohol (rubbing alcohol), hand sanitizer, witch hazel, nail polish remover, or any product containing isopropyl alcohol. These products will irreversibly damage the prosthesis and render it harmful to wear.

LUBRICANTS:

Petrolatum-based ophthalmic lubricating ointments are recommended for artificial eyes and scleral shells. These ointments are available over-the-counter under many brand names. Gels and drops do not perform nearly as well, or last as long on an artificial eye. Don't waste your money on them.

Although not quite as effective, an inexpensive alternative to ophthalmic ointments is mineral oil. Apply the oil by the drop using your clean fingertip or eyedropper. Mineral oil can be found in any pharmacy in the section where laxatives are sold.

PREVENT ACCIDENTS:

Acrylic artificial eyes will bounce when dropped on to a hard surface, and they easily fit down drains and commodes. When removing your prosthesis, place a wash cloth over the drain in your sink and close the lid on the commode.

Although we make every effort to give your prosthesis a secure fit, even a well-fitting prosthesis may be rubbed out of position or out of its socket. If you must rub your eyelids, rub gently toward your nose, instead of away from your nose.

Wear protective eyeglasses or goggles when there is a chance of injury to your sighted eye (i.e. operating a lawn mower or edge trimmer).

Wearing goggles when swimming is generally not necessary.