### Tissue Care
It is normal to experience increased drainage in the affected eye. Allergies, colds, and sinus infections can cause more drainage and discomfort. Treatment with antibiotics or steroids may help alleviate symptoms. Consult your physician if you have any concerns with your tissue.

### PROSTHETIC EYE CARE

#### Prosthetic Eye Handling & Cleaning

1. **Wash Hands**
   - Always begin with clean hands.
   - Check surroundings to make sure the prosthesis will not be damaged or lost if dropped. Remove the prosthesis only as necessary to clean. Too much handling may cause irritation and excess drainage.

   **Tip:** Suction cups aid in handling and may be washed with mild soap and water.

2. **Removing Prosthesis**

3. **Prosthesis Cleaning**
   - Cleaning the prosthesis every 2-3 weeks is ideal. Gently clean with a mild soap or baby shampoo and rinse thoroughly. Dry with a soft tissue. Avoid using cleaning solvents, contact lens cleaners or alcohol as these damage the prosthesis.

   **Tip:** Apply lubricant to prosthesis prior to reinserting for improved comfort.

4. **Reinserting Prosthesis**
   - Attach suction cup to prosthesis. Lift upper lid and slide prosthesis under. Release upper lid and pull down lower lid to seat prosthesis. Squeeze to release suction cup. Blink eyelids.

#### Protective Eyewear
All monocular patients are highly encouraged to wear protective lenses full time. Prescriptions should be balanced for overall facial symmetry and equal appearance of the prosthesis. Sport-specific protective eyewear should always be worn.

#### For Natural Appearance
- Move your whole head — not just your eyes and point your chin where you are looking.
- Minimize eye movements.
- Blink regularly on both sides.
- Keep eyelids and prosthesis clear of drainage and debris.
- Good posture and eye contact project confidence.
- For photos, look directly into the camera lens and smile!

#### Tissue Care
It is normal to experience increased drainage in the affected eye. Allergies, colds, and sinus infections can cause more drainage and discomfort. Treatment with antibiotics or steroids may help alleviate symptoms. Consult your physician if you have any concerns with your tissue.

### Northwest eyedesign
CALL / TEXT 425-823-1861 nweye@nweye.com

OCULARISTS
Todd Cranmore, BCO
Tawnya Cranmore, APP
Prosthetic Eye Lubricants

Wearing an ocular prosthesis, you may occasionally experience dryness, irritation and difficulty blinking. Adverse weather, dust, wind and air-conditioning tend to evaporate moisture from the front of the prosthesis. Allergies and body changes can also contribute to dryness. Swimming, CPAP machines and airline travel will impact comfort as well.

Silicone oil lubricants, such as Sil-Ophtho™, are specifically formulated for prosthetic eyes and can provide long-lasting relief.

To apply a lubricant, place a drop on a clean finger and swipe across the prosthesis. Blink a few times, then close your eye and blot your skin with a tissue to remove any extra product. Apply drops morning and evening — and throughout the day as needed.

Using artificial tears in conjunction with an oil drop may extend comfort. Using 1 drop oil with 2-3 drops artificial tears can work very well. At night use a gel or thicker oil lubricant for extended relief. Over the counter eye drops, artificial tears and gels are also good options to explore.

Visit our office or nweyedesign.com to replenish your supply of lubricants and eye drops.

Prosthetic Eyes

- Wear full time.
- Tissue change may occur if prosthesis is not worn.
- Continue to wear prosthesis while using medicated eye drops or ointments.

Helpful Hints

- Do not wrap prosthesis in a tissue as it may be discarded.
- Place prosthesis safely in a container when not wearing.
- Avoid rubbing eyelids, as this may dislodge the prosthesis.

Polishing

Polishing is recommended every 6 months to remove scratches, protein and bacteria from the surface. Regular polishing provides comfort, decreased mucosal drainage and a more natural appearance. Regular socket examinations ensure tissue is healthy and the prosthesis is fitting correctly.

Ocularist Visit

Time to make an appointment if you are experiencing any of the following symptoms:

- increased drainage
- dryness or discomfort
- irritated or itchy lids
- recurring infections
- rotation or dislodging
- droopiness of the eyelids
- changes in appearance

Scleral Shells

- May be worn full time.
- Increase wear time daily — this may fluctuate.
- Wear as long as comfortable, removing overnight as necessary.

Replacements

Prosthetic eyes should be replaced approximately every 5 years due to tissue changes, implant migration, orbital fat shifting, bacterial infiltration or breakdown of the acrylic surface. Children may require more frequent replacements due to anatomical growth and facial changes.

CALL / TEXT
425-823-1861
nweyedesign.com

OCULARISTS
Todd Cranmore, BCO
Tawnya Cranmore, APP