

BROOKE ARMY MEDICAL CENTER (BAMC)  
OPTOMETRY SERVICES



# **PROSE Treatment Guide: Prosthetic Device Use and Care**





This guide contains important information regarding the use of your PROSE prosthetic devices and emergency contact information.

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## Contact Information

Brooke Army Medical Center  
Optometry Services  
Fort Sam Houston  
San Antonio, TX

To make an appointment please call  
210-295-4355 or 210-295-3254  
Monday – Friday 6:00 am – 3:00 pm



## Key Points for Device Insertion

1. Your eye must be **open wide** - the **lidspread** is everything!
2. The **approaching device** and **plunger** must be **centered** within that opening. Use the **black hole** in the plunger as your reference point.
3. The plunger must be **vertical**. Your device must retain the Unisol 4 in the device to **avoid bubbles**.
4. **Overfill** your device to improve your chances of a bubble-free insertion.





## The Lidspread is Everything!



**Incorrect!** Fingertips are not centered. Lidspread is not a perfect circle.



**Incorrect!** Lids slipped from fingertips. Lids are not open wide enough.



**Perfect!!** A perfectly round opening with plenty of clearance for the device.



**Examples of bubbles in device,  
Magnified and life size, single and multiple.**

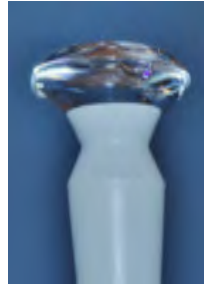
**If you see these,  
Device must be removed and re-inserted**



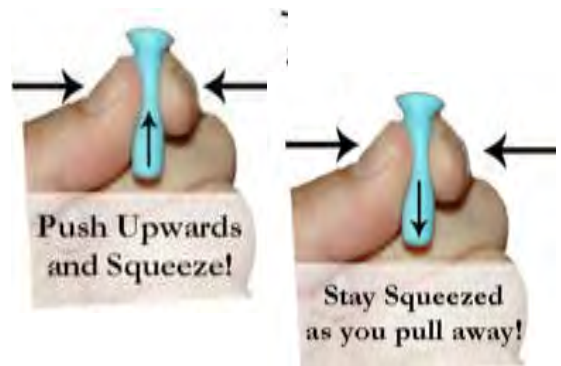


## How to Insert Your Device with a Plunger

1. Attach device to insertion plunger.
2. Overfill device with Unisol 4.
3. Hold the lids by the margins, where the lashes meet the lids. The contact points should be centered on both lids, so as to form a perfect circle.
4. Tuck your chin to your chest. Look straight down. Keep the plunger centered in your eye by focusing on the black hole. Continue approaching your eye smoothly and steadily.
5. You will feel the fluid but you are not there yet. Press your device onto the eye with firm pressure.
6. Capture the device with the eyelids by releasing the lids. Don't squint. Maintain the upward pressure on the device.
7. Release the device from the plunger by squeezing completely. Maintain the upward pressure against the eye, while squeezing to release the device.
8. The device has now been released into your eye! Stay squeezed while you retract the plunger away from the eye.



Do a "Push-Squeeze"





## How to Insert Your Device with a Lighted Plunger

1. Insert lighted end of the plunger light into the hole on the bottom of the plunger by squeezing the bottom of the plunger and gently twisting the light until only the bulb of the light is in the plunger (Figure 1a and 1b).
2. Attach PROSE device to the insertion plunger.
3. Overfill PROSE device with Unisol 4.
4. Hold the lids by the margins, where the lashes meet the lids using the ‘C’ spread (thumb and forefinger) or ‘Scissor’ spread (index and center fingers). The contact points should be centered on both lids, so as to form a perfect circle (see page 5 for proper lid spread under “Lid Spread is Everything”)
5. Tuck your chin to your chest. Look straight down. Keep the plunger centered in your eye by focusing on the green light in the hole of the plunger. Continue approaching your eye smoothly and steadily (Figure 2).
6. You will feel the fluid but you are not done yet. Press the device onto the eye with firm pressure.
7. Capture the device with the eyelids by releasing the lids. Don’t squint. Maintain upward pressure on the device.
8. Release the device from the plunger by squeezing completely. Maintain upward pressure against the eye, while squeezing to release the device.
9. The device has now been released into your eye! Stay squeezed while you retract the plunger away from the eye.



Figure 1a



Figure 1b



Figure 2



## How to Insert Your Device with a Plunger Stand with or Without a Lighted Plunger

1. Place the plunger in the hole at the top of the stand (If using a light, feed the wire through the slot on the stand) (Figure 1).
2. Set the device on insertion plunger.
3. Overfill device with Unisol 4.
4. Hold the lids by the margins, where the lashes meet the lids using both hands. The contact points should be centered on both lids, so as top form a perfect circle (see page 5 for proper lid spread under “Lid Spread is Everything”).
5. Tuck your chin to your chest. Look straight down. Keep the plunger centered in your eye by focusing on the black hole (without a light) or green light (if using a plunger light). Continue approaching the device by moving your head downward smoothly and steadily (Figure 2).
6. You will feel the fluid but you are not done yet. Press the eye downward onto the device with firm pressure.
7. Capture the device with the eyelids by releasing the lids.
8. The device has now been released into your eye! Stay squeezed while you retract the plunger away from the eye.



Figure 1

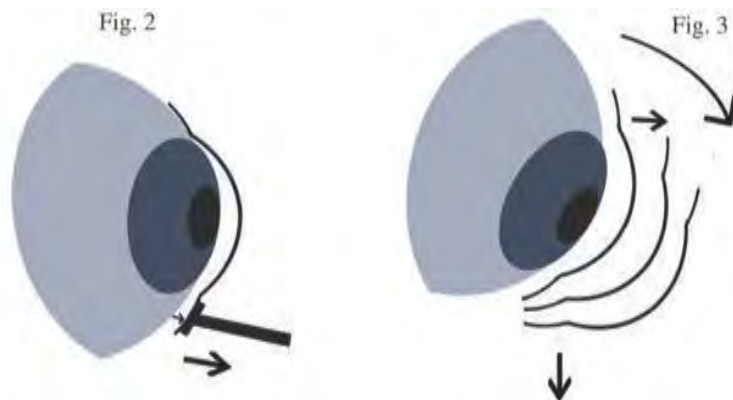


Figure 2



## How to Remove Your Device with a Plunger

1. Lubricate your eye thoroughly with preservative free artificial tears or Unisol 4.
2. Wet a removal plunger.
3. Execute proper lid spread (see page 5 for reference)
4. Look straight ahead into a mirror.
5. Hold the plunger at a 45 degree angle, aimed at the 6 o'clock position on the device. (Figure 2)
6. Press the plunger against the device and arc the plunger away. On some occasions, you may need to pull/relax the suction device rapidly and repeatedly. When the lower part is freed, you can then remove the device slowly in a downward arc. (Figure 3).
7. DO NOT release your lids until the device is out of your eye.
8. Remove device from plunger by twisting and maneuvering it towards the edge of the device.

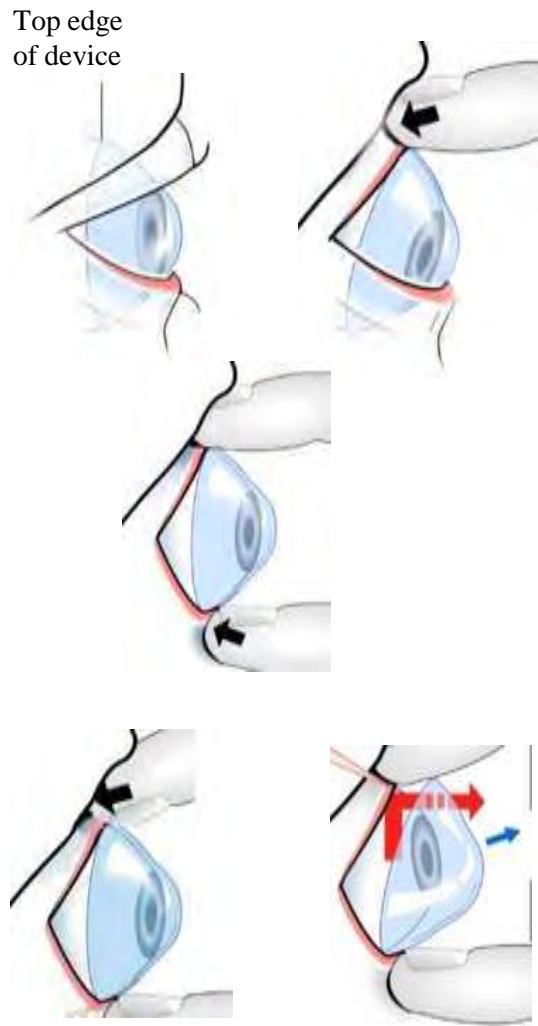




## How to Remove Your Device Without a Plunger

To remove devices, work over a soft towel.

1. Wash your hands thoroughly with non-moisturizing soap and water, and dry.
2. Press the tip of an index finger on the very edge of your upper lid at the 12 o'clock position and gently push it into your eye just above the top edge of the device. (If you have deep-set eyes, this will require you to reach under your brow and look slightly down.)
3. Block the device from moving down by pressing the tip of the index finger of your other hand on the **very edge** of your lower lid just below the bottom edge of the device.
4. Look upward until you feel the device being blocked by pressure on the upper lid margin.
5. Scoop the upper edge of the device off the eye with the upper lid margin, look up further and blink slowly to remove the device.





## Care and Handling of Your Devices

To protect device surfaces, always wet the tip of the plunger with saline before using. Note: **Saline must be sterile and non-preserved.** Saline in aerosol cans is satisfactory for rinsing, but air bubbles trapped in the solution make it less satisfactory for filling the device reservoir. **Unisol 4:** Regardless of what the bottle says, discard after 48 hours. Mark the date on the bottle! Always wash your hands with non-moisturizing soap and water before handling the devices.

**Never attempt to use the Clear Care case!**

### Setting Up Your Device Case

You will need:

- a) One PROSE case
- b) One unopened package of Clear Care



1. Remove the lid from the PROSE case.
2. Remove the lid from the Clear Care case.
3. Take the catalyst off of the arbor on the bottom of the Clear Care case (as illustrated to the right).
4. Discard the Clear Care case.
5. Push the catalyst onto the arbor on the PROSE case. We recommend replacing the catalyst every two months. **WARNING: Under no circumstances should the catalyst be used for more than 90 days.**
6. Your PROSE case is now properly set up for nightly disinfection.



Catalyst removal from Clear Care basket assembly



## Nightly Disinfection Protocol

Always use the PROSE case with the red or blue basket. The PROSE case must be prepared as instructed on the previous page.

1. Wash your hands thoroughly with non-moisturizing soap and water and dry.
2. Remove the lid from the PROSE case.
3. Fill the PROSE case with Clear Care solution to the fill line.
4. Clean your devices as follows:
  - a) Place the device in the palm of your hand.
  - b) Place one or two drops of Optimum ESC on the outside surface of the device and rub for fifteen seconds, then rub the inside surface for fifteen seconds.
  - c) Rinse the device thoroughly with sterile non-preserved saline (sterile saline in aerosol cans is fine for this).
  - d) Clean tips of plungers with alcohol pad after use.
5. Insert the RIGHT device into the RED or BLUE basket and snap it shut. Insert the LEFT device into the WHITE basket and snap it shut. **Be sure to seat the device on the hub with the inside of the device facing the hub** before closing the compartment.
6. Replace the PROSE case lid.
7. To properly disinfect your devices, they must remain in the case for **AT LEAST** six hours. If you must remove the devices before the disinfection process has ended, rinse them thoroughly with Unisol 4 before inserting.



PROSE case  
without catalyst



PROSE case  
with catalyst



## Morning Protocol

1. Wash your hands thoroughly with non-moisturizing soap and water. Dry hands.
2. Remove your device from the PROSE case, briefly rinse with Unisol 4, fill reservoir with Unisol 4 and insert. CHECK FOR BUBBLES.
3. Clean tip of plunger with alcohol pad after use.
4. Rinse overnight disinfection case with Unisol 4 and allow to air dry.
5. If you experience a slight stinging sensation upon insertion of the device in the morning, you must replace the Clear Care metal catalyst.



## Warning

Increased eye redness, pain, discharge, sensitivity to light, and/or significant reduction in vision may signal infection and requires **immediate** attention by your primary eye care provider. Please ask him or her to notify us of such events.



## PROSE Accessory Buying Guide



### **Insertion Plunger (DMV Scleral Cup)**

Available online at [www.dryeyeshop.com](http://www.dryeyeshop.com) and [www.dalseyadaptives.com](http://www.dalseyadaptives.com)



### **Removal Plunger (DMV Ultra Contact lens Remover)**

Available online at [www.dryeyeshop.com](http://www.dryeyeshop.com) and [www.dalseyadaptives.com](http://www.dalseyadaptives.com)



### **Fenestrated Plunger (used with light)**

Available online at [www.dalseyadaptives.com](http://www.dalseyadaptives.com)

### **Plunger Light**

Available online at [www.dalseyadaptives.com](http://www.dalseyadaptives.com)



### **Plunger Stand**

Available online at [www.dalseyadaptives.com](http://www.dalseyadaptives.com)



### **PROSE Disinfection Case**

Available online at [www.dryeyeshop.com](http://www.dryeyeshop.com)

Please note that both [dryeyeshop.com](http://dryeyeshop.com) and [dalseyadaptives.com](http://dalseyadaptives.com) will ship internationally.



## PROSE Solution Buying Guide

### Clear Care

Available at the following retail locations: CVS; Walgreens; and Walmart

Available online at: [www.cvs.com](http://www.cvs.com); [www.walgreens.com](http://www.walgreens.com); [www.walmart.com](http://www.walmart.com); [www.drugstore.com](http://www.drugstore.com); [www.visiondirect.com](http://www.visiondirect.com); [www.medichest.com](http://www.medichest.com); [www.amazon.com](http://www.amazon.com); [www.americarx.com](http://www.americarx.com); and [www.hocks.com](http://www.hocks.com)

### Clear Care Generic Equivalent

Available at the following retail locations: CVS and Target

Available online at [www.cvs.com](http://www.cvs.com) and [www.target.com](http://www.target.com)

### Unisol 4

Available at the following retail locations: CVS; Walgreens; and Walmart

Available online at: [www.cvs.com](http://www.cvs.com); [www.walgreens.com](http://www.walgreens.com); [www.walmart.com](http://www.walmart.com); [www.drugstore.com](http://www.drugstore.com); [www.visiondirect.com](http://www.visiondirect.com); [www.medichest.com](http://www.medichest.com); [www.amazon.com](http://www.amazon.com); [www.americarx.com](http://www.americarx.com); and [www.hocks.com](http://www.hocks.com)

### Miraflow Generic Equivalent

\*Note: Miraflow is no longer manufactured. A generic equivalent called “Extra Strength Daily Cleaner for Soft Contact Lenses” is available at: CVS and Walgreens retail locations

Available online at: [www.cvs.com](http://www.cvs.com) and [www.walgreens.com](http://www.walgreens.com)

### Optimum ESC - LOBOB (order by phone at 1-800-83-LOBOB)

Available at Walgreens retail locations

Available online at: [www.amazon.com](http://www.amazon.com); [www.americarx.com](http://www.americarx.com); [www.hocks.com](http://www.hocks.com); [www.dryeyeshop.com](http://www.dryeyeshop.com); and [www.loboblabs.com](http://www.loboblabs.com)

### Sodium Chloride 0.9%

Available at the following retail locations: CVS; Walgreens; and Walmart

Available online at: [www.cvs.com](http://www.cvs.com); [www.walgreens.com](http://www.walgreens.com); [www.walmart.com](http://www.walmart.com); [www.drugstore.com](http://www.drugstore.com); [www.medichest.com](http://www.medichest.com); and [www.dryeyeshop.com](http://www.dryeyeshop.com)

**Note: the following retailers will ship internationally:** [www.drugstore.com](http://www.drugstore.com); [www.visiondirect.com](http://www.visiondirect.com); [www.medichest.com](http://www.medichest.com); [www.amazon.com](http://www.amazon.com); [www.hocks.com](http://www.hocks.com); [www.americarx.com](http://www.americarx.com); [www.dryeyeshop.com](http://www.dryeyeshop.com); and [www.loboblabs.com](http://www.loboblabs.com)



## **PROSE Solution and Accessory Buying Guide – by Retailer**

Please note that Miraflo is no longer manufactured. The generic equivalent is available under the name “Extra Strength Daily Cleaner for Soft Contact Lenses.”

### **CVS retail locations and online at [www.cvs.com](http://www.cvs.com):**

Clear Care  
Clear Care Generic Equivalent  
Unisol 4  
Miraflo Generic Equivalent  
Sodium Chloride 0.9%

### **Target retail locations and online at [www.target.com](http://www.target.com):**

Clear Care  
Clear Care Generic Equivalent

### **Walgreens retail locations and online at [www.walgreens.com](http://www.walgreens.com):**

Clear Care  
Unisol 4  
Miraflo Generic Equivalent  
Sodium Chloride 0.9%  
Optimum ESC (available at Walgreens retail locations only)

### **Walmart retail locations and online at [www.walmart.com](http://www.walmart.com):**

Clear Care  
Unisol 4  
Sodium Chloride 0.9%

### **[www.drugstore.com](http://www.drugstore.com):**

Clear Care  
Unisol 4  
Sodium Chloride 0.9%

### **[www.medichest.com](http://www.medichest.com):**

Clear Care  
Unisol 4  
Sodium Chloride 0.9%



**[www.visiondirect.com](http://www.visiondirect.com):**

Clear Care  
Unisol 4

**[www.amazon.com](http://www.amazon.com):**

Clear Care  
Unisol 4  
Optimum ESC

**[www.americarx.com](http://www.americarx.com):**

Clear Care  
Unisol 4  
Optimum ESC

**[www.hocks.com](http://www.hocks.com):**

Clear Care  
Unisol 4  
Optimum ESC

**[www.dryeyeshop.com](http://www.dryeyeshop.com):**

Optimum ESC  
Sodium Chloride 0.9%  
Insertion Plunger  
Removal Plunger  
PROSE Disinfection Case

**[www.dalseyadaptives.com](http://www.dalseyadaptives.com):**

Insertion Plunger  
Removal Plunger  
Fenestrated Plunger (Used with Light)  
Plunger Light and Plunger Stand

**Note: the following retailers will ship internationally:** [www.drugstore.com](http://www.drugstore.com);  
[www.visiondirect.com](http://www.visiondirect.com); [www.medichest.com](http://www.medichest.com); [www.amazon.com](http://www.amazon.com); [www.hocks.com](http://www.hocks.com);  
[www.americarx.com](http://www.americarx.com); [www.dryeyeshop.com](http://www.dryeyeshop.com); [www.loboblabs.com](http://www.loboblabs.com) (excludes Canada)  
and [dalseyadaptives.com](http://dalseyadaptives.com)