



# PROSE Device Use and Care Guide

[www.bostonsight.org](http://www.bostonsight.org)



BostonSight  
464 Hillside Ave, Ste 205  
Needham, MA 02494

781-726-7337

## TABLE OF CONTENTS

Contact Information.....	3
--------------------------	---

### SET UP and APPLICATION

Set Up: PROSE Device Application.....	4
Preservative-Free Saline Protocol.....	4
Key Points for Optimal PROSE Device Application.....	5
The Lid Spread is Everything.....	6
How to Apply Your PROSE Device with a Plunger.....	7-8
How to Apply Your PROSE Device with a Lighted Plunger.....	9
How to Apply Your PROSE Device with a Plunger Stand.....	10
Bubbles Under Your PROSE Device.....	11

### REMOVAL

Set Up: PROSE Device Removal.....	12
How to Remove Your PROSE Device with a Plunger.....	12
How to Remove Your PROSE Device without a Plunger.....	13

### DISINFECTION and CARE

Set Up: Your PROSE Case.....	14
Set Up: PROSE Device Care and Cleaning.....	15
Nightly Disinfection Protocol for Your PROSE Device.....	16-17
Morning Protocol for the Application of Your PROSE Device.....	18
FAQ for Current BostonSight PROSE Patients.....	19-24
PROSE Solution and Accessory Buying Guide.....	25-29

## CONTACT INFORMATION

www.bostonsight.org  
464 Hillside Avenue, Suite 205  
Needham, MA 02494

Main Phone: (781) 726-7337

Main Fax: (781) 726-7310

---

PROSE device problems including  
application, removal, or cleaning

1. Review this guide
2. Visit [www.bostonsight.org/patient-resources](http://www.bostonsight.org/patient-resources) to view Device Application and Removal videos
3. Call 781-726-7494 to leave a message for an ophthalmic technician or email [triage@bostonsight.org](mailto:triage@bostonsight.org)

---

Patient Emergencies (BostonSight Needham only)  
(after hours, weekends, or holidays)

Please note the patient emergency line is for BostonSight Needham patients ONLY. If you are not a BostonSight Needham patient, please contact your PROSE provider directly.

Patient Emergency Line: (617) 755-5929

The emergency telephone line should NOT be used in cases of broken or lost devices, medication questions, or solution and cleaning questions. Please call our office during normal business hours to discuss any non-emergency issues you may be having.

---

Order a replacement PROSE device(s) or for  
damaged or lost devices, please contact:

Device Coordinator: (781) 726-7476

If you are requesting device servicing, complete the form linked below and include it with your devices.  
<https://www.bostonsight.org/patient-resources>

---

Insurance Pre-Authorization

Loren Stead: (781) 726-7435

---

Insurance claim follow-up/appeal

Lynn Carter: (781) 726-7505

---

## Warning

Increased eye redness, pain, discharge, sensitivity to light, and/or significant reduction in vision may signal infection and requires IMMEDIATE attention. Please contact your primary eye care provider and ask them to keep your PROSE doctor aware of any findings.

# application

## Set Up: PROSE Device Application

You will need a soft towel to be placed on top of a clean work surface where you will apply your device(s).

You will need the following supplies:

- An application plunger
- A removal plunger
- A small mirror
- Preservative-free saline

## Preservative-Free Saline Protocol

Note that preservative-free saline is available online only.

### Filling or Rinsing the Device

Below are 4 options for filling and rinsing PROSE devices:

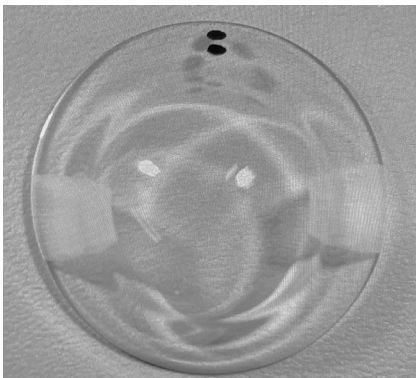
- ① PuriLens Plus Preservative-Free Saline is a sterile saline solution buffered with boric acid and sodium borate. It is not a stand-alone cleaner or disinfection solution and it does not substitute for nightly cleaning and disinfection.  
**WARNING:** PuriLens Plus Solution is not to be used with the PuriLens cleaning chamber for PROSE. This chamber is to be used for other contact lenses, but not PROSE devices. **Only bottles of PuriLens Plus that have been opened for less than 48 hours should be used for filling devices. PuriLens can be used up to 2 weeks after opening for RINSING ONLY. After 2 weeks any remaining PuriLens Plus must be discarded.** PuriLens Plus solution can be ordered directly from the manufacturer at [www.purilens.com](http://www.purilens.com) or by calling (800) 622-0777. It is also available at [www.amazon.com](http://www.amazon.com), [www.walmart.com](http://www.walmart.com), [www.aclens.com](http://www.aclens.com), [www.dryeyeshop.com](http://www.dryeyeshop.com).
- ② ScleralFil by Bausch + Lomb is a sterile, buffered isotonic saline solution. Each carton contains 30 10ml vials. It is available at [www.amazon.com](http://www.amazon.com) or [www.dryeyeshop.com](http://www.dryeyeshop.com).
- ③ Sodium Chloride 0.9% vials for nebulization. This is unbuffered, preservative-free saline that comes in 3ml or 5ml vials. An example is the AddiPak Sodium Chloride 0.9% vials. You can request a prescription, however they may not be covered because they are intended for nebulizers and are used off label. They are also available for purchase without a prescription at [www.medonthego.com](http://www.medonthego.com), [www.amazon.com](http://www.amazon.com) or [www.myeyesupply.com](http://www.myeyesupply.com).
- ④ LacriPure is an unbuffered preservative-free saline, available as 5ml vials in a 98-count box. It is available at [www.meniconwebstore.com](http://www.meniconwebstore.com) or [www.dryeyeshop.com](http://www.dryeyeshop.com).



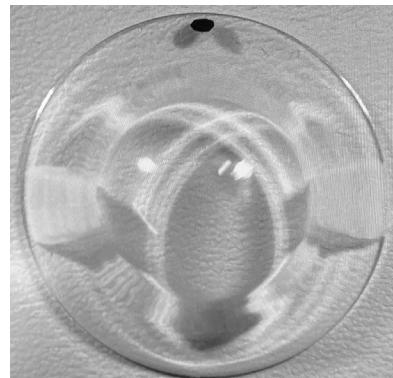
# application — key points

## Key Points for Optimal BostonSight PROSE Device Application

- ① Wash your hands with non-moisturizing soap and dry them completely with a lint-free towel before you begin.
- ② Gently handle only the outside edges of the device.
  - Your PROSE devices may have dots. For patients with devices for both eyes, the RIGHT device is marked with ONE black dot. The LEFT device will have either NO dots or TWO black dots. Some patients may also have a blue tint on the left lens to assist with identification.
  - When either device has one or two black dots, the device should be applied with the dot(s) oriented at the 12 o'clock position, unless otherwise instructed by your doctor.

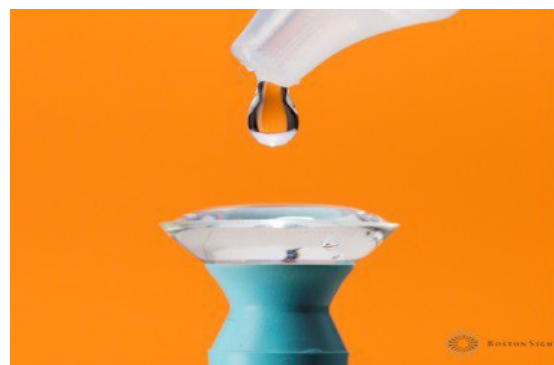
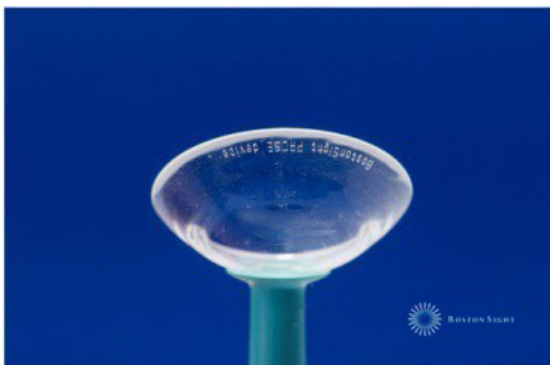


2 dots = Left



1 dot = Right

- ③ Your eye must be open WIDE – the lid spread is everything! See next page for examples.
- ④ The PROSE device must be centered within the lid spread.
- ⑤ The plunger must be vertical. Your PROSE device must retain the preservative-free saline in the device to avoid bubbles.
- ⑥ Overfill your device to improve your chances of a bubble-free application. Let the saline drip, not stream, into the device bowl.





## application – lid spread

### The Lid Spread is Everything

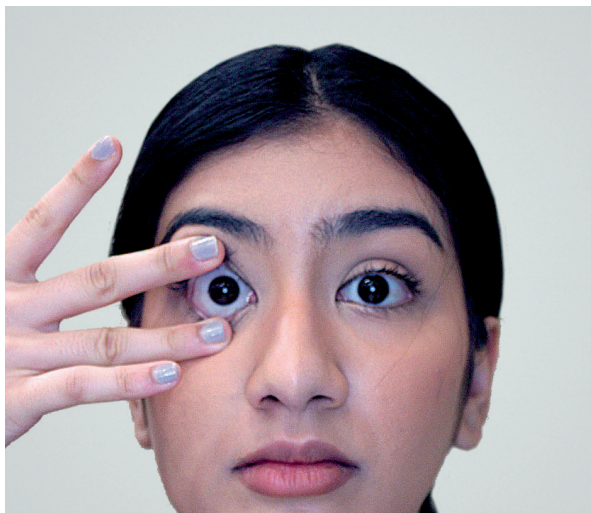


**Incorrect!** Fingertips are not centered.  
Lid spread is not a perfect circle.

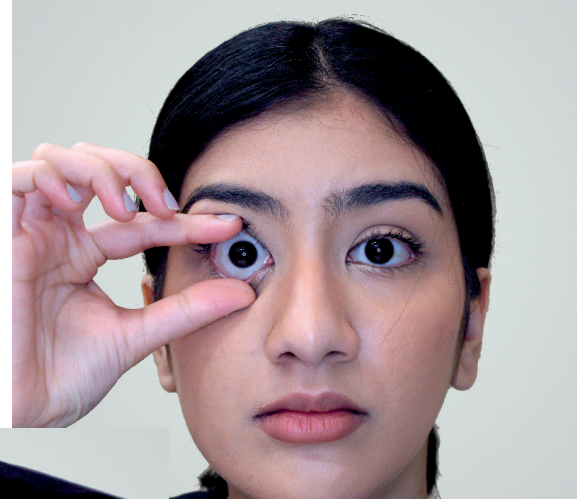


**Incorrect!** Lids slipped from fingertips.  
Lids are not open wide enough.

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



**Scissor Spread**



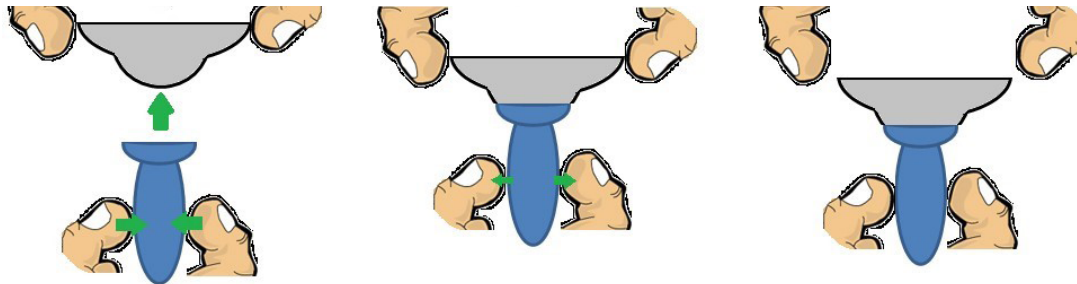
**C Spread**



**2-Handed Lid Spread**

## How to Apply Your PROSE Device With a Plunger

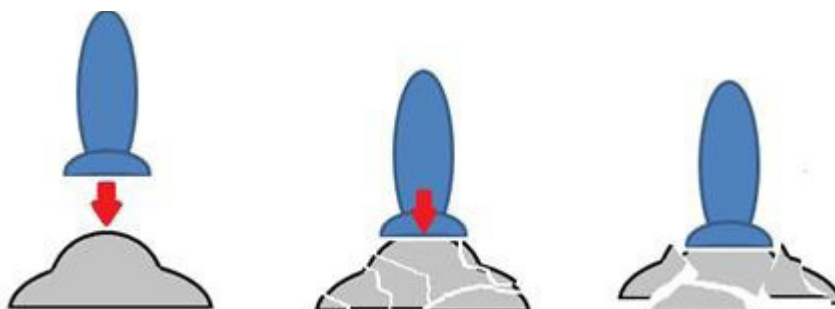
- ① Empty the contents of the case (the PROSE device) into the palm of your hand. With the other hand, GENTLY grasp the device by the edges. Note: the device should be wet during this process.
- ② Squeeze in on the sides of the plunger before coming into contact with the device.
- ③ Place the device over the face of the plunger and release side pressure on plunger, creating suction between the plunger and the device.
- ④ Release the sides of the device, holding it with the plunger.



**IMPORTANT:** Holding the device with the fingers while applying the plunger lessens the force against the device. **ALWAYS** handle the device by the edges when attempting to attach the plunger to the device. **DO NOT** attach the plunger while the device is resting on a hard surface such as a table or counter top. This will place excessive force on the device, risking breakage. Never squeeze the sides or place pressure on the face of the device.

### IMPROPER USE OF PLUNGER DURING DEVICE APPLICATION

- DO NOT apply force with plunger in a downward motion causing device to break
- DO NOT use the plunger to contact the device while it is sitting on a hard surface
- DO NOT attempt to take a device out of the case with a plunger



# application – plunger

## How to Apply Your PROSE Device With a Plunger, continued

- ⑤ Holding the plunger vertically, overfill the device with preservative-free saline. If using Purilens Plus, only bottles that have been opened for less than 48 hours should be used for filling devices. Let the solution drip, not stream into the device, in order to prevent bubbles from forming.
- ⑥ Maintain proper lid spread. Hold the eyelids at the edges, where the lashes meet the lids. The contact points should be centered on both lids to form a perfectly round opening with plenty of clearance for the device.
- ⑦ Tuck your chin to your chest. Look straight down. Keep the plunger centered in your eye by focusing on the black hole in the center of the plunger.
- ⑧ Continue approaching your eye smoothly and steadily, and stare at the black hole as if you are looking through it. Some people find it useful to shut the eye that they are not applying the device to.
- ⑨ You will feel the fluid, but you are not there yet. Press your device onto the eye with firm pressure.
- ⑩ Capture the device with the eyelids by releasing the lids. Don't squint. Maintain the upward pressure on the device while squeezing the plunger in order to release it from the device.
- ⑪ The device has now been released onto your eye! Continue squeezing the plunger while you pull the plunger away from the eye.
- ⑫ Now check your device in the mirror. Shine a penlight or mobile phone light, at an angle, onto the surface of the device and look for the presence of any bubbles. If you detect bubbles, your vision is not as expected, or you have discomfort, the device MUST be removed and reapplied.
- ⑬ After application of both devices, clean the tip of your plunger thoroughly with an alcohol prep pad and allow to dry completely. Replace your plungers every 3 months.

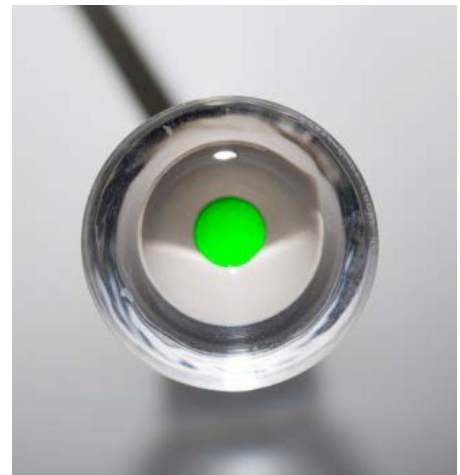




## application – lighted plunger

### How to Apply Your PROSE Device With a Lighted Plunger

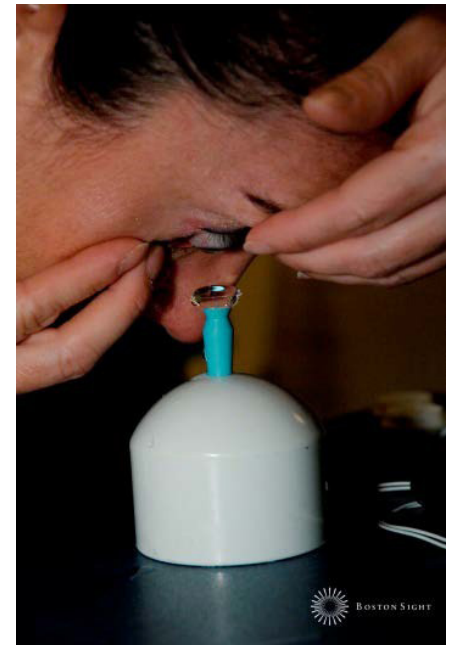
- ① Attach the plunger to the plunger light by inserting the light into the hole at the end of the fenestrated plunger.
- ② Hold a cleaned and disinfected PROSE device gently by the edges. Apply to an application plunger by gently squeezing the plunger at the line while placing the device on the cup and releasing the 'squeeze' to create suction. (Refer to page 8 for complete instructions.) Turn on the green light by pressing the black button.
- ③ Holding the plunger vertically, overfill the device with preservative-free saline. If using Purilens Plus, only bottles that have been opened for less than 48 hours should be used for filling devices. Let the solution drip, not stream into the device, to prevent bubbles from forming.
- ④ Maintain proper lid spread. Hold the eyelids at the edges, where the lashes meet the lids. The contact points should be centered on both lids to form a perfectly round opening with plenty of clearance for the device.
- 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 center of the plunger.
- ⑥ Continue approaching your eye smoothly and steadily, and stare at the green light as if you are looking through it. Some people find it useful to shut the eye they are not applying the device to.
- ⑦ You will feel the fluid but you are not there yet. Press your device onto the eye with firm pressure.
- ⑧ Capture the device with the eyelids by releasing the lids. Don't squint. Maintain the upward pressure on the device while squeezing the plunger in order to release the plunger from the device.
- ⑨ The device has now been released onto your eye! Continue squeezing the plunger while you pull it away from your eye.
- ⑩ Check your device in the mirror. Shine a penlight or mobile phone light, at an angle, onto the surface of the device and look for the presence of any bubbles. If you detect bubbles, your vision is not as expected, or you have discomfort, the device MUST be removed and reapplied.
- ⑪ After application of both devices, clean the tip of your plunger thoroughly with an alcohol prep pad and allow to dry completely. Replace your plungers every 3 months.



# application – plunger stand

## How to Apply Your PROSE Device With a Plunger Stand With or Without a Lighted Plunger

- ① If using a light, attach the fenestrated plunger to the plunger light by inserting the light into the hole at the end of the plunger. Next, place the plunger in the hole at the top of the stand and feed the wire through the slot in the stand. Turn on the light. Adjust the height of the stand, if necessary, by placing on top of something such as a book or a tissue box.
- ② Hold the cleaned and disinfected PROSE device gently by the edges, and place onto the application plunger. Do NOT squeeze the plunger to attach the device; this will allow it to release easily when applying.
- ③ Overfill the device with preservative-free saline. If using Purilens Plus, only bottles that have been opened for less than 48 hours should be used for filling devices. Let the solution drip, not stream into the device, in order to prevent bubbles from forming.
- ④ Hold the eyelids at the edges, where the lashes meet the lids. The contact points should be centered on both lids to form a perfectly round opening with plenty of clearance for the device.
- ⑤ Tuck your chin to your chest. Look straight down. Keep the plunger centered in your eye by focusing on the black hole or green light in the center of the plunger.
- ⑥ Begin to approach the device by moving your head downward smoothly and steadily. The approaching device and plunger must be centered within the opening and your focus must remain on the black hole or green light. Some people find it useful to shut the eye that they are not applying the device to.
- ⑦ You will feel the fluid but you are not there yet. Continue the downward motion until the device is pressed firmly against your eye.
- ⑧ Capture the device with the eyelids by releasing the lids.
- ⑨ The device has now been released onto your eye! Keep your eye closed while you sit up, backing away from the plunger with the device on your eye.
- ⑩ Now check your device in the mirror. Shine a penlight or mobile phone light, at an angle, onto the surface of the device and look for the presence of bubbles. If you detect bubbles, your vision is not as expected, or you have discomfort, the device MUST be removed and reapplied.
- ⑪ After application of both devices, clean the tip of your plunger thoroughly with an alcohol prep pad and allow to dry completely. Replace your plungers every 3 months.



### Examples of Bubbles Under Your PROSE Device

Single bubble:



Multiple bubbles:



**If you see a bubble, the device MUST be removed and reapplied.**

# removal

## Set Up: PROSE Device Removal

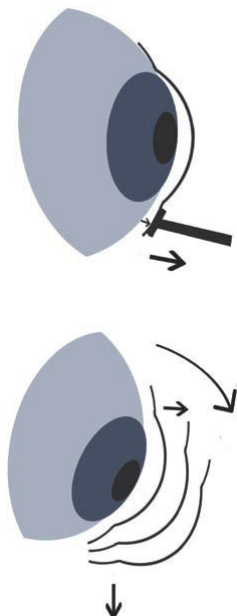
You will need to have a soft towel to be placed on top of a clean work surface where you will remove your device(s).

You will need the following supplies:

- A removal plunger
- A small mirror, positioned upright
- Preservative-free saline

## How to Remove Your PROSE Device with a Plunger

- ① Position the mirror upright on your work surface.
  - ② Lubricate your eye thoroughly with several drops of preservative-free saline.
  - ③ Wet a removal plunger with the preservative-free saline.
  - ④ Look straight ahead into the mirror.
  - ⑤ Just as when applying your PROSE device, execute proper lid spread. It is important to make sure the upper lid is secure during the removal to prevent scratching your eye.
  - ⑥ While maintaining your lid spread, create suction with the plunger at a 45 degree angle. Aim for the 6 o'clock position on the device, at the point where the colored portion of the eye meets the white.
  - ⑦ Press the removal plunger firmly but gently against the device. Break the suction by gently pulling the plunger away in an arc-out manner, taking care not to scratch your cornea. On some occasions, you may need to pull and relax the plunger rapidly and repeatedly.
- NOTE: If the plunger is pressed too close to the center of the device, directly over the pupil, it may not be possible to break suction and remove the device.
- ⑧ Maintain the lid spread until the device is out of your eye.
  - ⑨ Hold the device gently by the edges and remove the plunger from the device by twisting and maneuvering it towards the edge of the device.
  - ⑩ Clean the tip of your plunger thoroughly with an alcohol prep pad and allow to dry completely. Replace your plungers every 3 months.



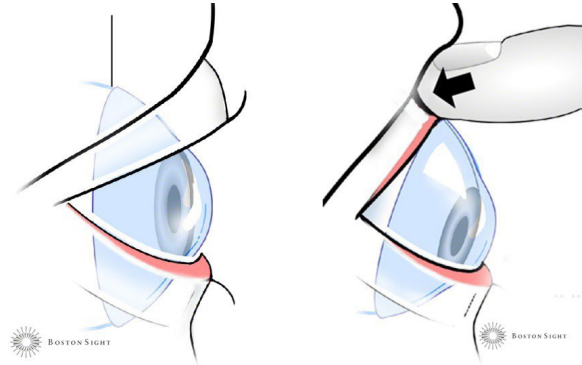


# removal – without a plunger

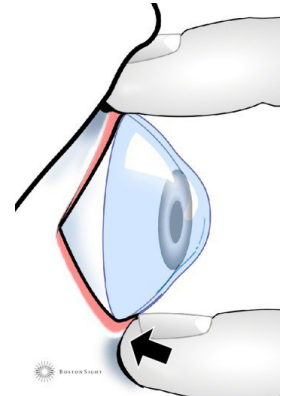
## How to Remove Your PROSE Device Without a Plunger

- ① Lubricate your eye thoroughly with several drops of preservative-free saline.

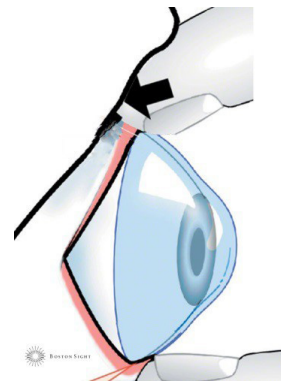
- ② Press the tip of an index finger on the very edge of your upper lid at the 12 o'clock position and gently push it into your eye just above the top edge of the device. (If you have deep-set eyes, this will require you to reach under your brow and look slightly down.)



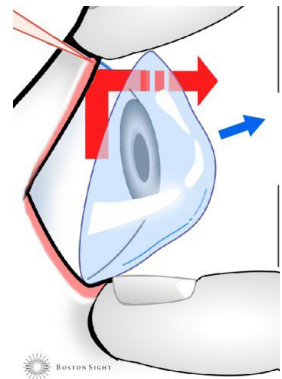
- ③ Block the device from moving down by pressing the tip of the index finger of your other hand on the very edge of your lower lid just below the bottom edge of the device.



- 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.





# disinfection and care

## Set Up: Your PROSE Case

To start, you will need to have a clean work surface and the following supplies:

- One PROSE case
- One unopened package of Clear Care
- Please note that you can use original Clear Care or Clear Care Plus

- ① Remove the lid from the PROSE case.
- ② Remove the lid from the small Clear Care case.
- ③ Remove/break off the platinum disc from the arbor on the bottom of the Clear Care case (as illustrated below).
- ④ Discard the Clear Care case.  
**\*NEVER attempt to disinfect your PROSE device in the case included with the Clear Care Solution**
- ⑤ If your PROSE case still has the arbor (stem) attached to the bottom of the basket assembly, it will need to be removed by using pliers to grasp the arbor and gently bending the arbor until it breaks. If not, continue to step 6.
- ⑥ Drop the platinum disc from the Clear Care case into the PROSE case so that it sits on the bottom of the PROSE case.

**The platinum disc must be replaced every 2 months.**

- ⑦ Your PROSE case is now properly set up for nightly disinfection.



**Replace your PROSE case every 3 months.**

### Set Up: PROSE Device Care and Cleaning

You will need a soft towel to be placed on top of a clean work surface where you will clean your device(s).

You will need the following supplies:

- A PROSE case with platinum disc from the Clear Care disinfection case
- Preservative-free saline. If using Purilens Plus, you may rinse your device with Purilens Plus that has been opened as long as 2 weeks. After 2 weeks, any remaining Purilens Plus must be discarded.
- MiraFlow, Lens Fresh, Unique pH, Boston Simplus or Tangible Clean\*
- One bottle of Clear Care or 3% hydrogen peroxide. **Any used Clear Care or 3% hydrogen peroxide must be discarded 90 days after opening.**

# disinfection and care p.m.

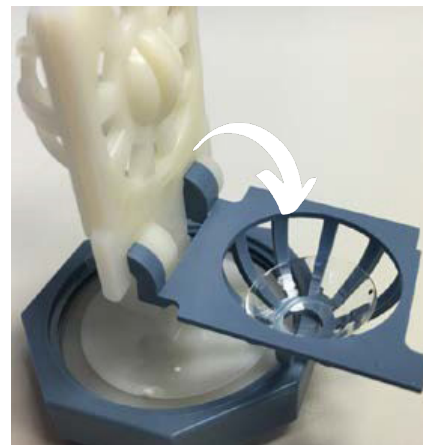
## Nightly Disinfection Protocol for Your PROSE Devices

- ① Wash your hands thoroughly with non-moisturizing soap and dry completely with a lint-free towel before you begin.
- ② Place your device in the palm of your hand. Place one drop of your daily cleaner on the outside surface of the device and rub for 15 seconds. Place another drop on the inner surface and then rub again for 15 seconds. **DO NOT rub the device between your fingers to clean it. This can cause the device to warp.**

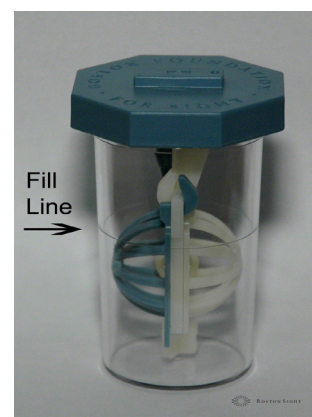
- ③ While handling the PROSE device gently by the edges, rinse the device thoroughly with preservative-free saline, Purilens Plus, or, to save money, Bausch + Lomb Sensitive Eyes Plus. You may rinse your device with Purilens Plus that has been opened as long as 2 weeks. After 2 weeks, any remaining Purilens Plus must be discarded. **Bausch + Lomb Sensitive Eyes Plus saline solution contains preservatives and under NO circumstances should be used to fill PROSE devices.** Using a preserved saline in your devices can cause damage to your eye and vision. **Never use tap water for rinsing.**



- ④ Gently separate the basket from the basket assembly by pulling the tab located near the arbor so that basket is horizontal.
- ⑤ Place the device, bowl side up, into the basket (see photo at right). While keeping the basket horizontal, bring the basket assembly down onto the basket. **To avoid damaging or losing your PROSE devices, DO NOT attempt to bring the basket up to the basket assembly.**



- ⑥ Repeat for the left device and place into the empty basket.
- ⑦ Fill the PROSE case with Clear Care solution or 3% hydrogen peroxide ( $H_2O_2$ ) to the fill line. It is okay if the platinum disc floats up to the top – the basket will push it back down.
- ⑧ Place the basket assembly in the case and secure the cover. **DO NOT** over tighten the cover because the threads may split and break. It is okay if the platinum disc does not sit flat at the bottom of the case. It will still work properly even if it is wedged on the side of the case. To properly allow the Clear Care or 3% hydrogen peroxide solution to neutralize, devices must remain in the case for **AT LEAST 6 hours.**



**Any used ClearCare or 3% hydrogen peroxide must be discarded 90 days after opening.**

**NOTE:** If you must remove the devices before the disinfection process has ended, rinse them thoroughly with preservative-free saline. Then soak devices in fresh preservative-free saline, in a clean contact lens case, for at least 5 minutes. Repeat with fresh preservative-free saline solution for an additional 5-minute soak. Rinse again with preservative-free saline before applying to your eye. If using a screw top contact lens case, dump out the solution, rinse with saline, wipe with an alcohol wipe. Do not replace covers before allowing to air dry completely.

## disinfection and care p.m.

### Nightly Disinfection Protocol for Your PROSE Devices Using 3% hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) Without Clear Care Platinum Disc

- ① Clean PROSE device(s) with your daily cleaner by following steps 1-6 on prior page.
- ② Rinse device(s) thoroughly with saline solution.
- ③ Fill the PROSE case with 3% hydrogen peroxide to the fill line.
- ④ Place the basket assembly in the case and secure the cover. **DO NOT** over tighten the cover because the threads may split and break. To properly allow the solution to disinfect, devices must remain in the case for **AT LEAST 6 hours**.
- ⑤ In the morning, remove device(s) from hydrogen peroxide.
- ⑥ Rinse the device(s) thoroughly with preservative-free saline. If using PuriLens Plus, you may rinse your device with PuriLens Plus that has been opened as long as 2 weeks. After 2 weeks, any remaining PuriLens Plus must be discarded.

Then soak device(s) in fresh preservative-free saline, in a clean contact lens case, for at least 5 minutes. Repeat with fresh preservative-free saline solution for an additional 5-minute soak. Rinse again with preservative-free saline before reapplying to your eye.

**NOTE:** Brown bottle 3% hydrogen peroxide is **NOT FDA** approved for PROSE device disinfection. It is not micro-filtered for impurities and does not contain stabilizing buffers or salts like Clear Care. Some patients report redness and/or discomfort with its use. If at any time while using 3% hydrogen peroxide you experience increased redness, burning, or pain, discontinue usage and use **ONLY** Clear Care.

Any used Clear Care or 3% hydrogen peroxide must be discarded 90 days after opening.

**Under no circumstances should tap water be used for rinsing.**



# morning protocol

## Morning Protocol for the Application of Your PROSE Device

You will need to have a soft towel to be placed on top of a clean work surface where you will apply your device(s).

You will need the following supplies:

- An application plunger
- A removal plunger
- A small mirror
- Preservative-free saline. If using PuriLens Plus, only bottles that have been opened for less than 48 hours should be used for filling devices.

- ① After thoroughly washing and drying your hands with non-moisturizing soap and water, remove your device from the PROSE case.
- ② While holding a cleaned and disinfected device gently by the edges, briefly rinse with preservative-free saline. **Under no circumstances should tap water be used for rinsing.**
- ③ Apply device(s) to the eye(s) using your preferred application technique.
- ④ After each use, empty the PROSE case (being careful not to lose the platinum disc) and leave it open to air dry. NEVER clean the PROSE case with alcohol.



**NOTE:** If you experience a slight stinging sensation upon application of the device in the morning, remove your device from your eye immediately and rinse your eye thoroughly with preservative-free saline. Do this until the stinging sensation dissipates. Rinse your device(s) thoroughly with preservative-free saline and then soak them in fresh preservative-free saline solution for at least 5 minutes before reapplying to your eye. When this occurs, it is likely an indication that the Clear Care platinum disc needs to be replaced.

**WARNING:** Increased eye redness, pain, discharge, sensitivity to light, and/or significant reduction in vision may signal infection and requires IMMEDIATE attention. Please contact your primary eye care provider and ask them to keep your PROSE doctor aware of any findings.



## faq – PROSE device use

**Q: What are the daily essentials of my PROSE device(s)? Is there a smaller carrying case available than the one provided?**

Daily Essentials include:

- Preservative-free saline. If using Purilens Plus, only bottles that have been opened for less than 48 hours should be used for filling devices. You may rinse your device with PuriLens Plus that has been opened as long as 2 weeks. After 2 weeks, any remaining PuriLens Plus must be discarded.
- One clean contact lens case
- One application plunger
- One removal plunger

A small digital camera case or makeup bag, available at any major department store, should fit your daily essentials.

**Q: What kind of eye makeup can I use while wearing my BostonSight PROSE device(s)?**  
Please visit our website for a list of makeup options that are complimentary to PROSE device wear at [www.bostonsight.org/patient-resources](http://www.bostonsight.org/patient-resources)

**Q: I have two PROSE devices. How can I distinguish between the left and the right device?**  
For patients with PROSE devices for both eyes, the RIGHT device is marked with ONE black dot. The left device will have either NO dots or TWO black dots. Some patients may also have a blue tint on the left lens to assist with identification. The device should be applied with the dot(s) oriented at the 12 o'clock position, unless instructed otherwise by your doctor.

**Q: Can I sleep or nap in my PROSE device(s)?**

You can nap for a maximum of 30 minutes. **DO NOT** sleep with your PROSE devices, as this can greatly increase the risk of an eye infection.

**Q: What should I do with my PROSE device(s) if I remove them for a short period of time to shower, swim, or nap?**

Please consult with your doctor on how to safely and properly store devices for short periods.

**Q: Can I swim or shower while wearing the PROSE device(s)?**

No, you cannot swim or shower while wearing PROSE devices. Exposure to impure and non-sterile water (tap, lake, pool, etc) while wearing your PROSE device increases your risk of a sight-threatening infection. For any further specific questions regarding this, please speak to your PROSE doctor.

## faq – PROSE device use

**Q: I just received my PROSE device(s) in the mail. How do I prepare them for application?**

PROSE devices will be shipped wet in a case. Upon receiving your device(s), please follow the steps below:

1. Wash your hands thoroughly with non-moisturizing soap and water and dry with a lint-free towel before handling your PROSE device(s).
2. Clean your PROSE device(s) as instructed below:
  - Place one PROSE device in the palm of your hand.
  - Place one or two drops of your daily cleaner on the outside surface of the PROSE device and gently rub for 15 seconds with your finger. Flip the PROSE device over, place another one or two drops of your daily cleaner, and gently rub the inside surface for 15 seconds with your finger.
3. While handling your PROSE device gently by the edges, rinse with the sterile, preservative-free saline. If using Purilens Plus, you may rinse with PuriLens Plus that has been opened as long as 2 weeks. After 2 weeks, any remaining PuriLens Plus must be discarded.
4. Your PROSE device is ready for application. If using Purilens Plus, only bottles that have been opened for less than 48 hours should be used for filling devices.

**Q: I use medicated eye drops and wear PROSE devices. How do I use the drops?**

If the medication is used once or twice per day, put the eye drop in before PROSE device application and after device removal, making sure to wait 10-15 minutes prior to application of PROSE device. If the medication is three times per day or more, then consult with your primary eye care provider to determine whether it is acceptable to apply drops while wearing the PROSE device, as the absorption is compromised.

## faq – traveling with PROSE devices

**Q: I am traveling to \_\_\_\_\_ country/non-US city. Can you please tell me where there is a pharmacy where I can buy the solutions I need for my PROSE device(s)?**

Unfortunately, we have no way of knowing which solutions are available in which countries. We recommend that for extended trips, you either pack the solutions that you will need and ship them to yourself at your destination or order some supplies from a U.S. distributor for delivery to your destination address.

**Q: What solutions can I take on an airplane?**

You can carry on all necessary solutions except 3% hydrogen peroxide and Clear Care, which are not allowed on an aircraft under any circumstances. These must be packed in your checked luggage. We will provide you with a medical necessity letter addressed to the Transportation Security Administration (TSA) detailing what you should be allowed to bring onto the airplane due to medical reasons.

## faq – follow up care

**Q: How often do I need to be seen for follow-up care by my BostonSight PROSE provider?**

Once the 6-month global treatment period is complete, patients are expected to return every 1-2 years to their BostonSight PROSE provider for a comprehensive PROSE treatment evaluation, or sooner if instructed by your doctor.

**Q: Do I continue to see my regular ophthalmologist or optometrist?**

Yes. You should follow up with your referring eye doctor within 3 to 4 weeks after completing PROSE treatment. Continue to see your primary eye care provider for complete eye exams, including dilated examinations, on an annual basis or per their recommendation. BostonSight does not perform routine eye care and vision exams.

**Q: What should I do if I experience any of the following symptoms?**

Discontinue use of your PROSE device(s) and seek medical consultation by your primary eye care provider or emergency facility if you experience any of the following:

- Persistent redness/soreness, never observed before
- Increased sensitivity to light while wearing the device(s)
- Eye pain
- Presence of mucous discharge
- Burning

## faq – PROSE device cleaning

### Q: What is the most current device cleaning protocol?

We are dedicated to selecting the best products and cleaning regimen for our patients. This means that from time to time we change the products we use. The current cleaning regimen includes:

#### For Daily Cleaning

- For **plasma-treated** devices: MiraFlow Extra-Strength Daily Cleaner or Lens Fresh Extra Strength Contact Lens Cleaner
- For **Hydra-PEG** treated devices: Unique pH, Boston Simplus, or Tangible Clean

#### For Rinsing

- Preservative-free saline. **Note that preservative-free saline is available online only.** If using Purilens Plus, you may rinse with PuriLens Plus that has been opened as long as 2 weeks. After 2 weeks, any remaining PuriLens Plus must be discarded.
- To save money, Bausch + Lomb Sensitive Eyes Plus may be used for rinsing only prior to disinfection. This solution contains preservatives and under **NO circumstances should be used to fill PROSE devices.** Using a preserved saline in your devices can cause damage to your eye and vision. **Never use tap water for rinsing.**

#### For Disinfection

- Clear Care or 3% hydrogen peroxide ( $H_2O_2$ ). **Any used Clear Care or 3% hydrogen peroxide must be discarded 90 days after opening.**

### Q: Is $H_2O_2$ (brown bottle 3% hydrogen peroxide) approved for use with PROSE devices and if so, how do I use it?

Yes, you can use  $H_2O_2$ , but its usage comes with a disclaimer.

#### **PLEASE READ ALL OF THE INSTRUCTIONS BELOW BEFORE USING $H_2O_2$ .**

Brown bottle 3% hydrogen peroxide is NOT FDA approved for PROSE device disinfection. It is not micro-filtered for impurities and does not contain stabilizing buffers or salts like Clear Care. Some patients report redness and/or discomfort with its use. If at any time while using brown bottle  $H_2O_2$  you experience increased redness, burning, or pain, discontinue usage and use **ONLY** Clear Care.

The platinum disc that comes packaged with Clear Care (which is not available to purchase by itself) is required to properly disinfect your PROSE devices in the case. Therefore, you must purchase Clear Care at least every 2 months to replace the platinum disc.

**\*NOTE:** At this time, we cannot recommend a generic equivalent of Clear Care available at some retailers (i.e. store brand may say “compares to Clear Care” on the package). Please refer to the BostonSight PROSE Accessory and Solution Buying Guide on pages 27-30.

## faq – PROSE device cleaning

**Q: Is there a cheaper alternative to the preservative-free saline to fill my device?**

Yes. You may use Sodium Chloride Inhalation Solution USP, 0.9% as a substitute. This is available at your local pharmacy with a prescription or online without a prescription at [www.medonthego.com](http://www.medonthego.com). It is available in 3, 5, and 10 mL vials and comes in boxes of 100–144.

**NOTE:** While most people can use Sodium Chloride Inhalation Solution USP, 0.9% in place of the preservative-free saline, some will develop mild redness, burning, and/or discomfort, as it is not buffered. If you develop these symptoms, discontinue use immediately and resume use of a buffered preservative-free saline. **YOU MUST always FILL device(s) with preservative-free sterile saline solution that has been opened for less than 48 hours.**

**Q: Is okay to use the drops that claim to reduce protein buildup on contact lenses on my PROSE device(s)? If so, which brand should I use?**

**\*\*Enzymatic cleaner is NOT approved for devices treated with Hydra-PEG.**

We suggest using Ultrazyme Enzymatic Cleaner or Boston One Step Liquid Enzymatic Cleaner as directed on the package inserts.

- If using Ultrazyme, add one tablet to your PROSE case with Clear Care or 3% hydrogen peroxide solution and disinfect normally as instructed in this guide.
- If using Boston One-Step, empty one vial into your PROSE case with Clear Care or 3% hydrogen peroxide solution and disinfect normally as instructed in this guide.

**Q: How often do I need to replace my PROSE case and plungers?**

With proper use, the plungers should be replaced every 3 months; sooner if the edges become rough, uneven, or the suction is no longer sufficient. The PROSE case should be replaced every 3 months. PROSE cases and plungers are available at The Dry Eye Shop: [www.dryeyeshop.com/](http://www.dryeyeshop.com/). The platinum disc that comes packaged with Clear Care (which is not available to purchase by itself) is required to properly disinfect your PROSE devices in the case and must be replaced every 2 months.

**Q: Where can I purchase my cleaning supplies?**

Please use the link to the comprehensive BostonSight PROSE Solution and Accessory Buying Guide at the end of this booklet for more information.



## faq – PROSE device care

### **Q: How do I store my backup PROSE device(s)?**

**For plasma-treated PROSE device WITHOUT Hydra-PEG coating**, the device can be stored per the manufacturer's recommendation in your PROSE case untampered with (no opening/closing) if not worn immediately after overnight disinfection.

When ready to wear, clean with Miraflow, Lens Fresh, Unique pH or Boston Simplus. Rinse the device thoroughly with preservative-free saline before applying. If using PuriLens Plus, you may rinse with PuriLens Plus that has been opened as long as 2 weeks. After 2 weeks, any remaining PuriLens Plus must be discarded. If storing for more than 1 week, we recommend removing the device from the PROSE case and drying with a soft cloth. When completely dry, the PROSE device can then be stored DRY (without solution) indefinitely in a clean screw top contact lens case. When you want to use the PROSE device again, clean with your daily cleaner and rinse well with preservative-free saline before applying.

**For Hydra-PEG treated PROSE devices**, be sure to store wet in a clean screw top contact lens case if not worn after overnight disinfection. Devices can be stored in Unique pH or Boston Simplus per the manufacturer's recommendation for up to 30 days, if untampered with (no opening/closing). Disinfect overnight in Clear Care prior to wearing your device(s).

**\*\*Any unused Unique pH or Boston Simplus must be discarded after 90 days.**

### **Q: What is involved in getting my PROSE devices serviced? (Servicing includes plasma treatment or reapplication of Hydra-PEG and darkening of dots.)**

Your PROSE devices are plasma treated or have Hydra-PEG coating applied as the last step of their manufacturing. The treatments make them more wettable so that vision and comfort are both improved. Simple wearing and handling, as well as the care solutions, can wear down the treated surface. This can make the PROSE device(s) cloudy, requiring more frequent blinking, rewetting and 'squeegeeing' to clear the vision. They can also become increasingly more uncomfortable to wear because of increased dryness. As to how often they may need treatment, this varies greatly, from not at all to every 3 to 4 months.

If you suspect or have been told that your PROSE device(s) need to be plasma treated:

- Complete a PROSE Device Service Form at [www.bostonsight.org/patient-resources/](http://www.bostonsight.org/patient-resources/)
- Include a check for payment or pay at [www.bostonsight.org/patient-resources/](http://www.bostonsight.org/patient-resources/)
- **Send them to us 'Attention: Device Coordinator'**
- We recommend you send PROSE device(s) via FedEx, UPS, or by other means that allows tracking. This will reduce the chances that they may be lost. Once we receive them, we will treat them and send them back to you.
- If you choose to have your PROSE device(s) returned to you via USPS regular mail, there is no associated shipping cost. Requests for expedited shipping using FedEx will incur a charge. Please note that payment for FedEx shipping must be made by credit card before your device(s) are returned. Without exception, all packages, regardless of shipping method, require a signature on arrival.

# PROSE accessory buying guide



Application Plunger (DMV Scleral Cup)

\*Replace every 3 months

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

877-693-7939



See-Green® Plunger (Fenestrated Application Plunger )

\*Replace every 3 months

[www.seegreenlight.com/](http://www.seegreenlight.com/)

413-563-2477



Removal Plunger (DMV Ultra Contact Lens Remover)

\*Replace every 3 months

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

877-693-7939



See-Green® Scleral Lens Inserter (Light)

[www.seegreenlight.com](http://www.seegreenlight.com)

413-563-2477

\*register your See-Green Lens Inserter for a 2-year manufacturer's warranty at [www.seegreenlight.com/registration](http://www.seegreenlight.com/registration)

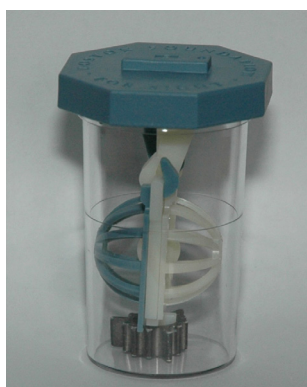


See-Green® Scleral System (Light and Stand)

[www.seegreenlight.com](http://www.seegreenlight.com)

413-563-2477

\* register your See-Green scleral system for a 2-year manufacturer's warranty at [www.seegreenlight.com/registration](http://www.seegreenlight.com/registration)



PROSE Case

\*Replace every 3 months

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

877-693-7939

Both Dry Eye Shop and See-Green ship internationally.

# PROSE solutions

## Daily Cleaning Solutions

Plasma-treated devices



Lens Fresh



MiraFlow

## Daily Cleaning Solutions

Hydra-PEG and plasma-treated devices



Boston Simplus



Tangible Clean



Unique pH

## Rinsing and Filling Solutions

(preservative-free salines and alternatives)

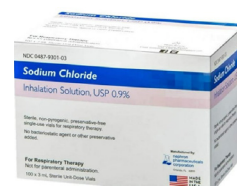
*preservative-free saline is available online only.*



LacriPure



PuriLens



Sodium Chloride 0.9%  
for Inhalation



ScleralFil

## Rinsing Only Solutions



B+L Sensitive Eyes

## Disinfecting Solutions



Clear Care



3% hydrogen peroxide

# Solutions buying guide

## Bausch + Lomb Sensitive Eyes Plus Saline

Available at the following retail locations: Walgreens, Walmart, and most grocery stores and at [www.amazon.com](http://www.amazon.com), [www.cvs.com](http://www.cvs.com), [www.walgreens.com](http://www.walgreens.com), [www.target.com](http://www.target.com), [www.theonlinedrugstore.com](http://www.theonlinedrugstore.com), and [www.walmart.com](http://www.walmart.com)

## BostonSimplus

Available at the following retail locations: CVS, Walgreens, Target, Walmart, and most grocery stores and at [www.amazon.com](http://www.amazon.com), [www.cvs.com](http://www.cvs.com), [www.walgreens.com](http://www.walgreens.com), [www.target.com](http://www.target.com), [www.theonlinedrugstore.com](http://www.theonlinedrugstore.com), [www.walmart.com](http://www.walmart.com) and [www.dryeyeshop.com](http://www.dryeyeshop.com)

## Clear Care

Available at the following retail locations: CVS; Walgreens; Rite Aid; Target, Walmart, and most grocery stores and online at [www.cvs.com](http://www.cvs.com), [www.walgreens.com](http://www.walgreens.com), [www.walmart.com](http://www.walmart.com), [www.theonlinedrugstore.com](http://www.theonlinedrugstore.com), [www.amazon.com](http://www.amazon.com), and [www.aclens.com](http://www.aclens.com)

## LacriPure

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

## Lens Fresh Extra Strength Contact Lens Cleaner

Available at <https://lensfresh.com>

## MiraFlow Extra-Strength Daily Cleaner

Available at <http://miraflow.com/purchase-here>

## PuriLens Plus

Available at some Harmon Discount Health & Beauty retail locations and online at [www.purilens.com](http://www.purilens.com), [www.amazon.com](http://www.amazon.com), [www.walmart.com](http://www.walmart.com), [www.aclens.com](http://www.aclens.com), and [www.dryeyeshop.com](http://www.dryeyeshop.com)

## ScleralFil

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

## Sodium Chloride 0.9% for Inhalation

Available at your local pharmacy with prescription and at [www.amazon.com](http://www.amazon.com), [www.walmart.com](http://www.walmart.com), [www.medonthegeo.com](http://www.medonthegeo.com), and [www.myeyesupply.com](http://www.myeyesupply.com)

## Tangible Clean

Available at [www.tangiblescience.com/product/tangible-clean/](http://www.tangiblescience.com/product/tangible-clean/) and [www.dryeyeshop.com](http://www.dryeyeshop.com)

## Unique pH

Available at Walmart and at [www.amazon.com](http://www.amazon.com), [www.walmart.com](http://www.walmart.com) and [www.dryeyeshop.com](http://www.dryeyeshop.com)

# Buying guide by retailer

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

- Bausch + Lomb Sensitive Eyes Plus Saline
- Clear Care
- Boston Simplus
- Purilens Plus
- Sodium Chloride 0.9% for Inhalation
- Unique pH

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

- Clear Care
- Sodium Chloride 0.9% for Inhalation (Rx only)
- Boston Simplus

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

- Boston Simplus
- Application Plunger
- LacriPure
- PROSE Case
- PuriLens Plus
- Removal Plunger
- ScleralFil
- Tangilble Clean
- Unique pH

## [www.medonthego.com](http://www.medonthego.com)

- Addipak 0.9% sodium chloride for inhalation

## [www.theonlinedrugstore.com](http://www.theonlinedrugstore.com)

- Clear Care
- Bausch + Lomb Sensitive Eyes Plus Saline
- Boston Simplus

## [www.purilens.com](http://www.purilens.com)

- Purilens Plus



# Buying guide by retailer

## [www.seegreenlight.com](http://www.seegreenlight.com)

- Fenestrated Application Plunger (See-Green Plunger)
- Lighted Plunger (See-Green Lens Inserter)
- Plunger Stand (See-Green Scleral System)

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

- Clear Care
- Boston Simplus

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

- Clear Care
- Bausch + Lomb Sensitive Eyes Plus Saline
- Sodium Chloride 0.9% for Inhalation (Rx only, not available online)
- Boston Simplus

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

- Clear Care
- Bausch + Lomb Sensitive Eyes Plus Saline
- Sodium Chloride 0.9% for Inhalation (Rx required for store purchase)
- Unique pH
- Boston Simplus

## The following retailers will ship internationally.

- [www.amazon.com](http://www.amazon.com)
- [www.seegreenlight.com](http://www.seegreenlight.com)
- [www.dryeyeshop.com](http://www.dryeyeshop.com)
- [www.medonthego.com](http://www.medonthego.com)
- [www.purilens.com](http://www.purilens.com)
- [www.theonlinedrugstore.com](http://www.theonlinedrugstore.com)



BostonSight  
464 Hillside Avenue, Suite 205  
Needham, MA 02494  
(781) 726-7337  
<http://www.bostonsight.org>