



# PROSE Device Use and Care Guide

[www.bostonsight.org](http://www.bostonsight.org)  
[go.osu.edu/prose](http://go.osu.edu/prose)







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## CONTACT INFORMATION

[www.bostonsight.org](http://www.bostonsight.org)  
464 Hillside Avenue, Suite 205  
Needham, MA 02494

Main Phone: (781) 726-7337

Main Fax: (781) 726-7310

Doctors and staff **CANNOT** respond to medical issues via email.

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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 our Device Application and Removal video series.
3. Call 781-726-7494 to leave a message for an ophthalmic technician.

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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.

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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.  
[www.bostonsight.org/device-servicing](http://www.bostonsight.org/device-servicing)

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Insurance Pre-Authorization

Loren Stead (781) 726-7435

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Insurance claim follow-up/appeal

Lynn Carter (781) 726-7505

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## 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.



## Set-up for BostonSight PROSE Device Application

- ① You will need a soft towel to be placed on top of a clean work surface where you will apply your device(s).
- ② You will need the following supplies:
  - An application plunger
  - A removal plunger
  - A small mirror
  - Preservative-free saline, prescribed for you

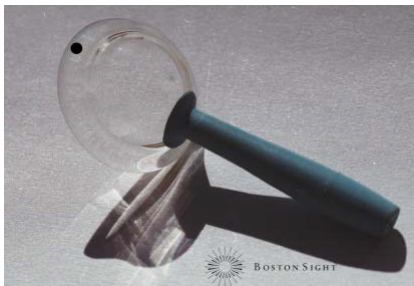
## Prescribed Preservative-Free Saline Protocol

- Saline must be sterile and non-preserved, and prescribed for you by your doctor. Under no circumstance should tap water ever be used for rinsing or filling.
- Purilens Plus is a chemical and preservative-free saline solution buffered with boric acid and sodium borate. When using PuriLens Plus, only bottles that have been **opened for less than 48 hours** should be used to fill your device. Marking the date on the bottle will help remind you when it is time to throw the bottle away.
- You may rinse your device with PuriLens Plus that has been opened for as long as two weeks. After two weeks, any remaining saline solution **MUST** be discarded.
- Sodium chloride 0.9% comes in boxes of 100 vials. Vials are 3, 5 or 10 mL, and are manufactured for inhalation use in a nebulizer. It is equivalent to PuriLens Plus, except that it is not buffered. We recommend asking your BostonSight doctor for a sample to try first. This is to ensure that it does not cause any ocular irritation. Each single-use vial must be disposed of immediately after use.
- ScleralFil by Bausch & Lomb is a sterile, buffered isotonic saline solution. Each carton contains 30 single-use 10ml vials. It is available online at <http://www.bauschsvpstore.com> and [https:// dryeyeshop.com/](https://dryeyeshop.com/)
- LacriPure, an unbuffered preservative-free saline, available as 5ml single-use vials in a 98-count box. It is available online at <https://dryeyeshop.com> and <https://store.meniconamerica.com>
- Bausch and Lomb Sensitive Eyes Plus Saline Solution or Clear Care Rinse & Go, can be used **for rinsing only**. This solution contains preservatives and **should not**, under any circumstances, be used to fill prosthetic devices used in PROSE treatment. Also, if using this solution for rinsing, the prosthetic devices must be thoroughly rinsed with preservative-free saline, prescribed for you, prior to application.
- Nutrifill is a preservative-free, buffered saline with natural electrolytes. It comes in a box of 35 10mL ampoules. It is available at <http://www.nutrifill.com>, <http://www.dryeyeshop.com>, and <http://www.myeyesupply.com>.

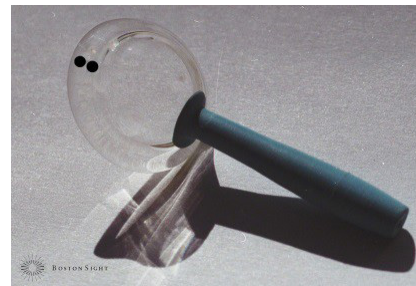


## Key Points for Optimal BostonSight PROSE Device Application

- 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 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.
  - 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.



**1 dot = Right**



**2 dots = Left**

- ③ Your eye must be open WIDE – the lid spread is everything!
- 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, prescribed for you, in the device to avoid bubbles.
- ⑥ Overfill your device to improve your chances of a bubble-free application.





## 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.

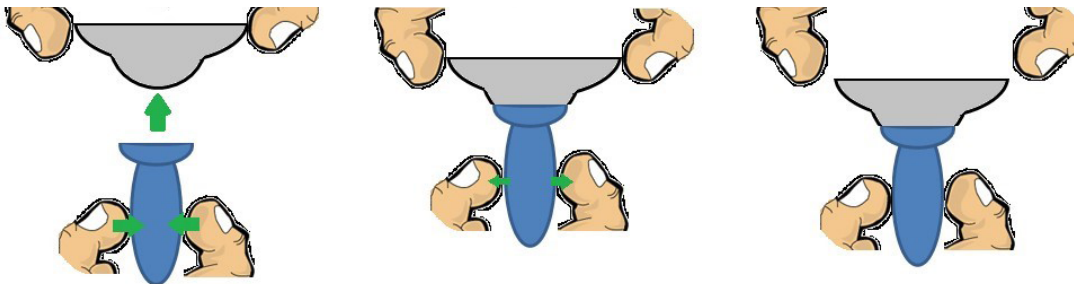


**Perfect!** A round opening with plenty of clearance for the device application.



## How to Apply Your PROSE Device with a Plunger

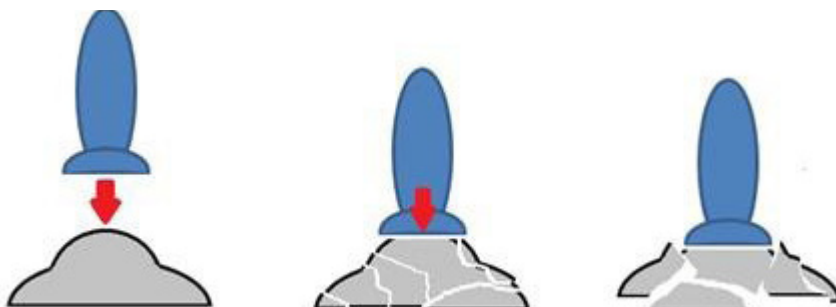
- ① Empty the contents of the case (i.e. the prosthetic device) into the palm of your hand. With the other hand, GENTLY grasp the device by the edges. Note: the device should be wet during this process.
- ② Squeeze in on the sides of the plunger before coming into contact with the prosthetic device.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







## How to Apply Your PROSE Device with a Plunger - continued

- ⑤ Holding the plunger vertically, overfill device with preservative-free saline, prescribed for you. Be careful to 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, so as to form a perfectly round opening with plenty of clearance for device application.
- 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 the plunger from the device.
- ⑪ The device has now been released onto your eye! Continue squeezing the plunger while you retract it away from the eye.
- ⑫ Now check your device in the mirror. Shine a penlight onto the surface of the device and look for the presence of any bubbles in or under the device. If you detect bubbles the device **MUST** be removed and reapplied.
- ⑬ After application of both devices, clean your application plunger with warm soapy water, rinse well, and allow to air dry.



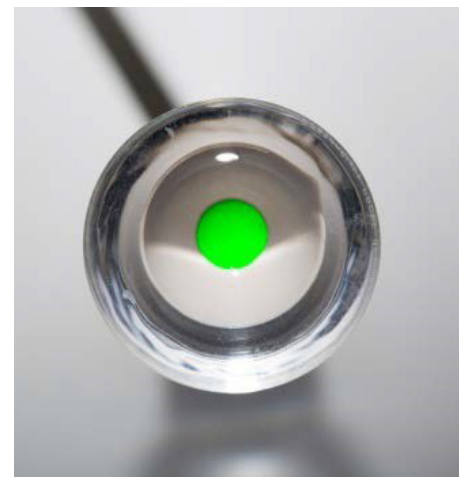
**"DO A PUSH-SQUEEZE"**





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

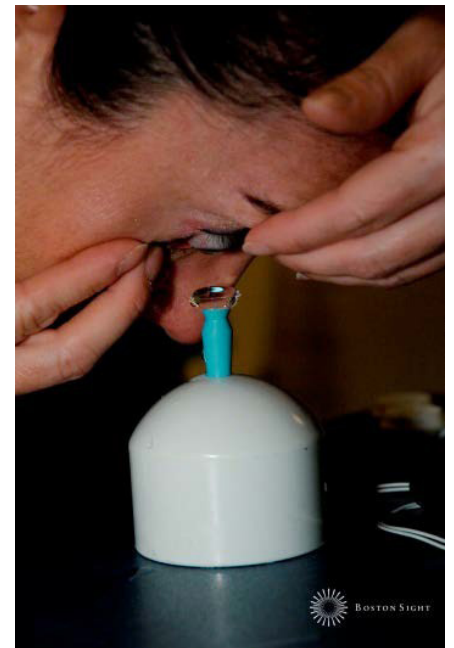
- ① Wet the fenestrated end of the application plunger with preservative-free saline, prescribed for you. Attach the plunger to the plunger light by inserting the light into the hole at the end of the fenestrated plunger.
- ② While holding a cleaned and disinfected PROSE device gently by the edges, apply to an application plunger by gently squeezing the plunger at the line while placing the device on the cup and releasing the 'squeeze'. Refer to page 7 for complete instructions. Turn on the green light.
- ③ Holding the plunger vertically, overfill device with preservative-free saline, prescribed for you. Be careful to let the solution drip, not stream into the device, in order 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, so as 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 that 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 retract it away from the eye.
- ⑩ Now check your device in the mirror. Shine a penlight onto the surface of the device and look for the presence of any bubbles in or under the device. If you detect bubbles the device MUST be removed and reapplied.
- ⑪ After application of both devices, clean your application plunger with warm soapy water, rinse well, and allow to air dry.





## How to Apply Your PROSE Device with a Plunger Stand with or without a Lighted Plunger

- ① Place the application plunger in the hole at the top of the stand. If using a light, feed the wire through the slot on the stand. Turn on the light. Adjust the height of the stand if necessary, by placing it on top of something such as a book or a tissue box.
- ② While holding a cleaned and disinfected PROSE device gently by the edges, place onto the application plunger. Do NOT squeeze the plunger to attach the device so that it will release easily when applying.
- ③ Overfill device with preservative-free saline, prescribed for you. Be careful to 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, so as to form a perfectly round opening with plenty of clearance for device application.
- 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 that 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 your 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 onto the surface of the device and look for the presence of any bubbles in or under the device. If you detect bubbles the device MUST be removed and reapplied.
- ⑪ After application of both devices, clean your application plunger with warm soapy water, rinse well, and allow to air dry.





## Examples of Bubbles Under Your PROSE Device

Single bubble:



Multiple bubbles:



If you see a bubble, the device **MUST** be removed and re-applied.



## Set Up for 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:

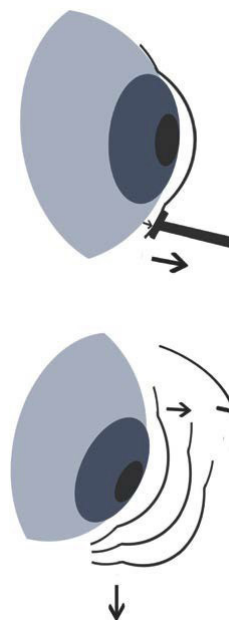
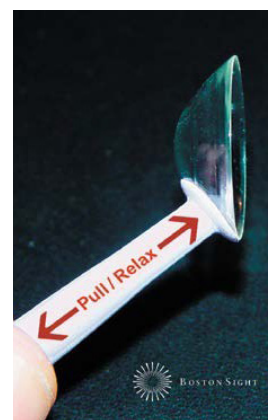
- A removal plunger
- A small mirror, positioned upright
- Preservative-free saline, prescribed for you

## How to Remove Your PROSE Device with a Plunger

- ① Position the mirror upright on your work surface.
- ② Lubricate your eye thoroughly with preservative-free saline, prescribed for you.
- ③ Wet a removal plunger with the preservative-free saline, prescribed for you.
- 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 tipping the bottom of the plunger up and then pull the plunger in an arc-down-and-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 your removal plunger with warm soapy water, rinse well, and allow to air dry.

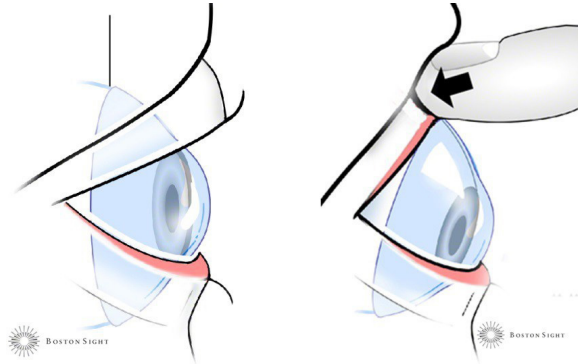




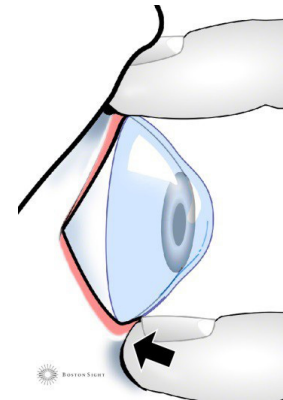
## How to Remove Your PROSE Device without a Plunger

① Lubricate your eye thoroughly with preservative-free saline, prescribed for you.

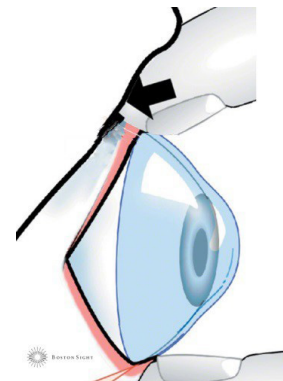
② Press the tip of an index finger on the very edge of your upper lid at the 12 o'clock position and gently push it into your eye just above the top edge of the device. (If you have deep-set eyes, this will require you to reach under your brow and look slightly down.)



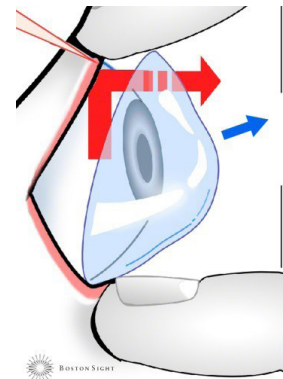
③ Block the device from moving down by pressing the tip of the index finger of your other hand on the very edge of your lower lid just below the bottom edge of the device.



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



## Setting up Your PROSE Disinfection Case

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

- One PROSE disinfection 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 disinfection case.
- ② Remove the lid from the small Clear Care case.
- ③ Remove/break off the catalyst from the arbor on the bottom of the Clear Care case (as illustrated to the right).
- ④ Discard the Clear Care case.

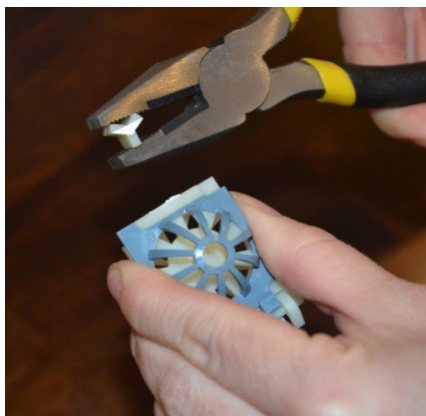


**\*NEVER attempt to disinfect your PROSE device in the case included with the Clear Care Solution**

- 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 catalyst from the Clear Care case into the PROSE disinfection case so that it sits on the bottom of the PROSE case.

**We recommend replacing the catalyst every two months. Under NO circumstances should the catalyst be used for more than 90 days.**

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



**We recommend replacing your PROSE device case every 3 months**



## Set Up for PROSE Device Care and Cleaning

- ① You will need to have a soft towel to be placed on top of a clean work surface where you will clean your device(s).
- ② You will need the following supplies:
  - A PROSE disinfection case with catalyst from Clear Care Cleaning & Disinfecting Solution
  - Preservative-free saline, prescribed for you
  - Optimum ESC by Lobob or MiraFlow, Unique pH, Boston Simplus or Tangible Clean\* (\*Tangible Clean is for Hydra-Peg devices only)
  - One bottle of Clear Care (or Clear Care Plus)

**Note: Optimum ESC by Lobob is currently on backorder**

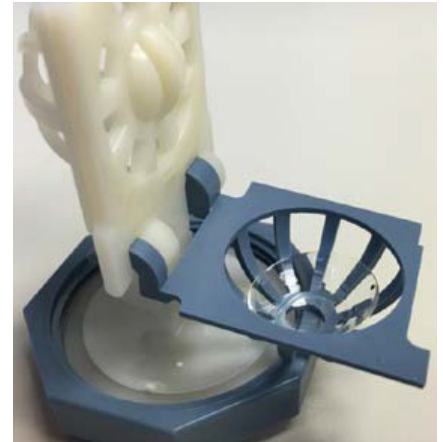




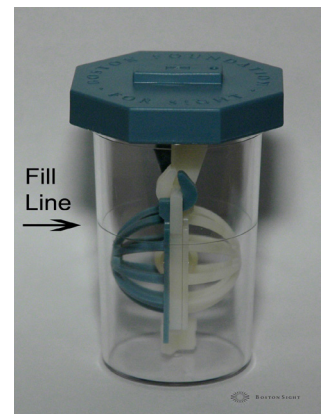
## Nightly Disinfection Protocol for Your PROSE Device

- 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 Optimum ESC by Lobob or MiraFlow Extra-Strength Daily Cleaner, or Unique pH or Boston Simplus (for plasma-treated) or Unique pH, Boston Simplus, or Tangible Clean (for Hydra-PEG treated) on the outside surface of the device and rub for fifteen seconds. Place another drop on the inner surface and then rub again for fifteen 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 prescribed for you, B&L Sensitive Eyes Plus saline or Clear Care Rinse & Go. **Under no circumstances should tap water be used for rinsing.**
- ④ Gently separate the basket from the basket assembly by pulling the tab located near the arbor so that the basket is horizontal.
- ⑤ Place the right device, bowl side up, into the white basket (see photo at right for correct placement). 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 disinfection case with Clear Care solution to the fill line. It is ok if the neutralization 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 ok if the 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 solution to neutralize, devices must remain in the case for **AT LEAST** six hours. **NOTE:** If you must remove the devices before the disinfection process has ended, rinse them thoroughly with the saline, prescribed for you. Then soak devices in fresh saline, in a clean contact lens case for at least 5 minutes. Repeat with fresh saline solution for an additional 5-minute soak. Rinse again with preservative-free saline before re-applying to your eye. Clean the white contact lens case with an alcohol wipe and air dry.



## Morning Protocol for the Application of Your PROSE Device

- ① 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).
- ② You will need the following supplies:
  - An application plunger
  - A removal plunger
  - A small mirror
  - Preservative-free saline, prescribed for you
- ③ After thoroughly washing and drying your hands with non-moisturizing soap and water, remove your device from the PROSE disinfection case.
- ④ While holding a cleaned and disinfected PROSE device gently by the edges, briefly rinse with preservative-free saline, prescribed for you. **Under no circumstances should tap water be used for rinsing.**
- ⑤ Apply device(s) to the eye(s) using your preferred application technique.
- ⑥ After each use, empty the PROSE disinfection case (being careful not to lose the neutralization disc) and leave it open to air dry. NEVER clean the PROSE disinfection 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, prescribed for you. Do this until the stinging sensation dissipates. Rinse your device(s) thoroughly with preservative-free saline and then soak them in fresh saline solution for at least 5 minutes before re-applying to your eye. When this occurs, it is likely an indication that the Clear Care catalyst 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.



**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, prescribed for you
- 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 make-up can I use while wearing my BostonSight® PROSE device(s)?** Please visit our website for a list of make-up options that are complimentary to PROSE device wear.

<http://www.bostonsight.org/content/editor/File/Contact-lens-complimentary-make-up.pdf>

**Q: I have two PROSE devices. How can I distinguish between the left and the right device?**

For patients with prosthetic 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. When either PROSE device has one or two black dots, 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?**

Any plasma-treated PROSE device should be stored in a dry white screw top contact lens case. Hydra-PEG PROSE device(s) should be stored soaking in Unique pH, Boston Simplus, or Tangible Clean in a white screw top contact lens case. Before re-applying, the PROSE device(s) should be cleaned with your daily cleaner and rinsed well with preservative-free saline, prescribed for you. The case should then be emptied, wiped out with an alcohol prep pad, and allowed to air dry.

**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?**  
Prosthetic 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 before handling your PROSE devices.
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 Optimum ESC, MiraFlow Extra-Strength Daily Cleaner, Unique pH, or Boston Simplus (for plasma treated devices) or Unique pH, Boston Simplus, or Tangible Clean (for Hydra-Peg treated devices) on the outside surface of the PROSE device and rub for 15 seconds. Flip the PROSE device over, place another one or two drops of one of the above solutions and rub the inside surface for 15 seconds.
3. While handling your PROSE device gently by the edges, rinse with the sterile, preservative-free saline, prescribed for you.
4. Your PROSE device(s) are ready for application.

**Q: My condition causes mucus to accumulate on the outside of my PROSE device(s). What can I do?**

For any plasma-treated PROSE device, you can use a few drops of sterile preservative-free saline, prescribed for you, on the end of a Q-tip to “squeegee” the outside surface of the device. Alternatively, PROSE devices can be refreshed: remove, clean with your daily cleaner, rinse thoroughly with preservative-free saline, and reapply.

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

Any Hydra-PEG treated PROSE device can be refreshed; removed, cleaned with Hydra-PEG approved daily cleaner, rinsed thoroughly with preservative-free saline, and reapplied. Do not “squeegee” a Hydra-PEG device since this could damage integrity of coating.

**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 US 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.



**Q: How often do I need to be seen for follow-up care by my BostonSight PROSE provider?**  
Once the global treatment period is complete, patients are expected to return annually 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 three-four weeks after completing PROSE treatment. Continue to see your primary eye care provider on an annual basis or per their recommendation.

**Q: What should I expect when I return for my annual visit?**  
Each year you will have a comprehensive evaluation of your PROSE treatment. For complete eye exams, including dilated examinations, please see your primary ophthalmologist or optometrist. BostonSight does not perform routine eye care and vision exams.

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

If you experience:

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

Discontinue use of your PROSE device(s) and seek medical consultation by your primary eye care provider or emergency facility.



## 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 the use of Optimum by Lobob Extra Strength Cleaner or MiraFlow Extra-Strength Daily Cleaner (for plasma treated devices) or Unique pH, Boston Simplus or Tangible Clean (for Hydra-PEG treated devices), Clear Care, and preservative-free saline, prescribed for you.

**Please note that Optimum by Lobob is currently backordered. In the interim please use MiraFlow, Boston Simplus or Unique pH.**

## Where can I purchase my cleaning supplies?

Please use the link to the comprehensive BostonSight PROSE Solution and Accessory Buying Guide for more information. This guide can be found on pages 25-28.

## Q: Is H<sub>2</sub>O<sub>2</sub> (brown bottle 3% hydrogen peroxide) approved for use with PROSE devices and if so, how do I use it?

Yes, you can use H<sub>2</sub>O<sub>2</sub>, but its usage comes with a disclaimer. PLEASE READ ALL OF THE INSTRUCTIONS BELOW BEFORE USING H<sub>2</sub>O<sub>2</sub>.

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<sub>2</sub>O<sub>2</sub> you experience increased redness, burning, or pain, discontinue usage and use ONLY Clear Care.

The platinum catalyst 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 disinfection case. Therefore, you must purchase Clear Care at least every 8 weeks to replace catalyst.

After purchasing Clear Care, remove/break off the catalyst from the arbor on the bottom of the Clear Care case and drop the catalyst from the Clear Care case into the PROSE disinfection case so that it sits on the bottom of the PROSE case as described in the BostonSight PROSE Treatment Guide: Prosthetic Device Use and Care. Then follow the instructions for proper disinfection.

\*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.

The Clear Care platinum catalyst will effectively neutralize the H<sub>2</sub>O<sub>2</sub>. At the end of the 8th week, you must dispose of the platinum catalyst and replace it with a new one. This can only be done by purchasing a new bottle of Clear Care.

\*NOTE: At this time, we cannot recommend a generic equivalent of Clear Care available at some retailers as a store brand (it will say "compares to Clear Care" on the package). Please refer to the BostonSight PROSE Solution and Accessory Buying Guide on pages 25-28.



## faq - PROSE device cleaning

**Q: Is there a cheaper alternative to the preservative-free saline prescribed for me?**

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: <http://www.medontheego.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 prescribed for them, 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 the preservative-free saline prescribed for you. **YOU MUST always FILL devices with preservative-free sterile saline solution**, prescribed for you, as described above.

Other options include ScleralFil by Bausch & Lomb. ScleralFil is a sterile, buffered isotonic saline solution. Each carton contains 30 10ml vials. It is available online at <http://www.bauschsvpstore.com> and <https://dryeyeshop.com/> or LaciPure, an unbuffered preservative free saline, available as 5ml vials in a 98-count box. It is available online at <https://dryeyeshop.com> and <https://store.meniconamerica.com>

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

**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?**

We suggest using Ultrazyme Enzymatic Cleaner or Boston One-Step Liquid Enzymatic Cleaner as directed on the package inserts. For the Ultrazyme, add one tablet to your PROSE disinfection case with Clear Care or 3% hydrogen peroxide solution and disinfect normally as instructed in the BostonSight PROSE Treatment Guide: Prosthetic Device Use and Care. For the Boston One-Step, empty one vial into your PROSE disinfection case with Clear Care or 3% hydrogen peroxide solution and disinfect normally as instructed in the BostonSight PROSE Treatment Guide: Prosthetic Device Use and Care.

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

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

With proper use as outlined in the BostonSight PROSE Treatment Guide: Prosthetic Device Use and Care, the plungers should be replaced every 6 to 12 months; sooner if the edges become rough, uneven, or the suction is no longer sufficient. The disinfection case should be replaced every three months. Disinfection cases and plungers are available at The Dry Eye Shop: <http://www.dryeyeshop.com/lens-care-c32.aspx>.





**Q: What is involved in getting a new plasma treatment for my PROSE devices?**

Your prosthetic devices are plasma treated as the last step of their manufacturing. The plasma treatment makes 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 prosthetic 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 three to four 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 <https://www.bostonsight.org/patients/patient-resources/>
- Include a check for payment or pay at [www.bostonsight.org/patient-resources/](http://www.bostonsight.org/patient-resources/)

1. Send them to us 'Attention: Device Administration'

- 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 Fed Ex 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.

OR

2. Use the Dropbox feature outside our office door. Package your device in a small ziplock bag. Include completed Device Servicing Form, along with payment or pay online. The Device Coordinator will call you when your devices are ready and meet you at the door.

**Q: How do I store my back-up PROSE device(s)?**

For any plasma-treated PROSE device, the device can be stored per the manufacturer's recommendation in your PROSE disinfection case untampered with (no opening/closing) if not worn immediately after overnight disinfection. When ready to wear, clean with Optimum ESC (backordered), MiraFlow (backordered), or Unique pH, or Boston Simplus. Rinse the device thoroughly with preservative-free saline, prescribed for you, before applying. If storing for more than 1 week, we recommend removing the device from the PROSE disinfection case and drying with a soft cloth. When completely dry, the PROSE device can then be stored indefinitely in a clean screw top contact lens case. When you want to use the PROSE device again, make sure to disinfect overnight in Clear Care prior to use.

For any Hydra-PEG treated PROSE device, be sure to store wet if not worn after overnight disinfection. Devices can be stored in Unique pH per the manufacturer's recommendation, untampered with (no opening/closing). Disinfect overnight in Clear Care prior to wearing your device(s).



# PROSE accessory buying guide



 BOSTON SIGHT

Application Plunger (DMV Scleral Cup)  
Available at [www.dryeyeshop.com](http://www.dryeyeshop.com) or 877-693-7939



See-Green®™ Plunger (Fenestrated Application Plunger )  
Available at [www.dalseyadaptives.net](http://www.dalseyadaptives.net) or 413-563-2477



 BOSTON SIGHT

Removal Plunger (DMV Ultra Contact Lens Remover)  
Available at [www.dryeyeshop.com](http://www.dryeyeshop.com) or 877-693-7939



See-Green®™ Lens Inserter  
Available at [www.dalseyadaptives.net](http://www.dalseyadaptives.net) or 413-563-2477



 BOSTON SIGHT

See-Green®™ Plunger Stand System  
Available at [www.dalseyadaptives.net](http://www.dalseyadaptives.net) or 413-563-2477



PROSE Disinfection Case  
Available at [www.dryeyeshop.com](http://www.dryeyeshop.com) or 877-693-7939

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

# PROSE solution buying guide



## Bausch & Lomb Sensitive Eyes Plus Saline

Available at the following retail locations: CVS, Walgreens, Target, Walmart, and most grocery stores and at <http://www.amazon.com>, <http://www.cvs.com>, <http://www.walgreens.com>, <http://www.target.com>, <http://www.theonlinedrugstore.com>, and <http://www.walmart.com>

## BostonSimplus

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

## Clear Care (or Clear Care Plus)

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

## Clear Care Rinse & Go

Available at your local pharmacy, Walmart, and most grocery stores and online at <http://www.walmart.com> and <http://www.amazon.com>

## LacriPure

Available at <http://www.meniconwebstore.com> and <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/>

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

Available at some Walgreens retail locations and at <http://www.amazon.com>, <http://www.theonlinedrugstore.com>, <http://www.walmart.com>, <http://www.walgreens.com>, <http://www.dryeyeshop.com>, and <http://www.loboblabs.com>

## PuriLens Plus

Available at some Bed, Bath & Beyond, Christmas Tree Shops, Harmon Discount Health & Beauty retail locations and online at <http://www.purilens.com>, <http://www.amazon.com>, <http://www.walmart.com>, <http://www.aclens.com>, and <http://www.dryeyeshop.com>

## ScleralFil

Available at <http://www.bauschsvpstore.com> and <http://www.dryeyeshop.com>

## Sereine Extra Strength Cleaner

Available at <https://myeyesupply.com/product/sereine-extra-strength-daily-cleaner/>

## Sodium Chloride 0.9% for Inhalation

Available at your local pharmacy with prescription and at <http://www.amazon.com>, <http://www.walmart.com>, <http://www.medonthego.com>, <http://www.myeyesupply.com>, and <http://www.dryeyeshop.com>

## Tangible Clean

Available at <http://www.tangiblescience.com/product/tangible-clean/> and <http://www.dryeyeshop.com>

## Unique pH

Available at Walgreens and Walmart and at <http://www.amazon.com>, <http://www.walgreens.com>, <http://www.walmart.com> and <http://www.dryeyeshop.com>



# PROSE buying guide by retailer

<http://www.amazon.com> - Please start at [www.smile.amazon.com](http://www.smile.amazon.com) and enter BostonSight as the charity. Amazon contributes 0.5% of your purchase to BostonSight at no cost to you!

- Clear Care
- Optimum ESC by Lobob – **backordered**
- Purilens Plus
- Bausch & Lomb Sensitive Eyes Plus Saline
- Sodium Chloride 0.9% for Inhalation
- Unique pH
- Boston Simplus

CVS retail locations and online at <http://www.cvs.com>

- Clear Care
- Bausch & Lomb Sensitive Eyes Plus Saline
- Sodium Chloride 0.9% for Inhalation (Rx only)
- Boston Simplus

<http://www.dalseyadaptives.net>

- Fenestrated Application Plunger (“See Green Plunger”)
- Lighted Plunger (“See Green Lens Inserter”)
- Plunger Stand (“See Green Lens Inserter Stand”)

<http://www.dryeyeshop.com>

- Optimum ESC by Lobob – **backordered**
- Sodium Chloride 0.9% for Inhalation Application Plunger
- Removal Plunger
- PROSE Disinfection Case
- PuriLens Plus
- LacriPure
- Unique pH
- ScleralFil
- Boston Simplus
- Tangible Clean

<http://www.medontheho.com>

- Addipak 0.9% sodium chloride for inhalation

<http://www.purilens.com>

- Purilens Plus

# PROSE buying guide by retailer



<http://www.theonlinedrugstore.com>

- Clear Care
- Clear Care Rinse & Go
- Bausch & Lomb Sensitive Eyes Plus Saline
- Optimum ESC by Lobob – **backordered**
- Boston Simplus

Target retail locations and online at <http://www.target.com>

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

Walgreens retail locations and online at <http://www.walgreens.com>

- Clear Care
- Bausch & Lomb Sensitive Eyes Plus Saline
- Sodium Chloride 0.9% for Inhalation (Rx only, not available online)
- Optimum ESC by Lobob – **backordered**
- Unique pH
- Boston Simplus

Walmart retail locations and online at <http://www.walmart.com>

- Clear Care
- Clear Care Rinse & Go
- Bausch & Lomb Sensitive Eyes Plus Saline
- Sodium Chloride 0.9% for Inhalation (Rx required for store purchase)
- Optimum ESC by Lobob – **backordered**
- Unique pH
- Boston Simplus

The following retailers will ship internationally.

<http://www.amazon.com>

<http://www.dalseyadaptives.net>

<http://www.dryeyeshop.com>

<http://www.loboblabs.com> (excludes Canada)

<http://www.medonthego.com>

<http://www.purilens.com>

<http://www.theonlinedrugstore.com>







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

