



### CONTACT LENS PATIENT INFORMATION

We want you to be a successful contact lens patient. In addition, we want you to be aware of our procedures and policies. Many patients are successful contact lens wearers, but contacts are not the ideal form of vision correction for every patient. Every effort will be made to fit you in a contact lens that provides excellent comfort and good vision; however, there is no guarantee that every patient will be a successful, all day, everyday wearer.

A contact lens fitting for new or repeat contact lens wearers is a separate service. Contact lenses are considered medical devices and the proper fit and care are extremely important to the health of your eyes. There is a separate charge for the measurement, fitting and prescription for contact lenses. The charge varies for a new or repeat fit and is dependent on the type of contact lens.

You should adhere to the wearing schedule and cleaning procedures outlined for you. Should you experience any unusual symptoms you should discontinue your lenses immediately and make an appointment to see the doctor. Significant loss of vision and/or corneal scarring is possible when a patient has an untreated eye infection. **STOP** wearing your contact lenses if you experience pain, redness, blurred vision, light sensitivity, watery eyes, or any type of discomfort.

Contact lens patients are required to have a yearly examination. Although your prescription may remain the same, it is important to examine your eyes for any adverse structural changes to the cornea secondary to contact lens wear. Your contact lens prescription is valid for one year and expires one year from the date of your initial exam. There will be an additional fee for any visits related to the refitting of your contacts (change in power, type of lens, etc.), allergic reactions, or infections after 90 days from the initial exam.

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Signature

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Date

## CARE INSTRUCTIONS

- Wash your hands thoroughly to remove dirt, oil, and bacteria before touching your eyes or contact lenses. Use clear or amber colored pump soap, free of fragrance and moisturizers. Dry hands with a lint free towel.
- Check your lens before insertion. Look to make sure the lens is not inside out and is free of rips, tears, and debris.
- Rinse your lens if it is dropped during insertion.
- Never use your fingernails to aid in the insertion or removal of your lenses. Nails should be kept short/filed down.
- Never use tap water to store or to rinse your lenses.
- Never use saliva to wet your contact lenses.
- Never wear your contacts while swimming.
- Sleeping in contact lenses is not recommended. There is a 5x greater risk of corneal ulceration with extended wear.
- It is recommended that all contact lens wearers follow a rub & rinse regimen prior to storing the lenses in multipurpose solution. Rubbing is one of the most important steps in the disinfection process.
- Follow the replacement schedule as provided by your doctor. Wearing your lenses longer than recommended will increase your risk of adverse events.
- Keep your solution bottle capped when not in use
- Keep your contact lens case clean. Replace your case every 3 months.
- First time wearers should start slowly with contact lens wear. We recommend 4 hours of wear on the first day, followed by an additional 2 hours each day until reaching a full days wear of 10-12 hours.

Lens Brand: \_\_\_\_\_

Solution: \_\_\_\_\_

Replacement Schedule: \_\_\_\_\_