



Contact Lens Information

Contact lenses are a medical device (as classified by the FDA) fit and worn under a Doctor's supervision. Wearing contact lenses can increase the risk of eye infection, which can lead to permanent vision loss. Our recommendations are designed to help you avoid infection and wear contact lenses comfortably and happily. As with prescription medications, contact lenses can only be dispensed pursuant to a prescription of an eye care practitioner.

Contact Lens Solutions: Lenses must be disinfected according to manufacturer guidelines whenever you are not wearing them. We recommend Opti-Free PureMoist or ClearCare. We do not recommend the use of generic store brands.

Contact Lens Rewetting Drops: Rewetting drops may be used to soothe and refresh your eyes, and to ease lens removal. The brand we recommend for soft contact lenses is Blink for Contacts.

Contact Lens Follow-up: Follow-up is required to finalize and approve the contact lens prescription. We will schedule an appointment time in about 1-2 weeks to check the fit and vision with your new lenses. Please be wearing your contact lenses for at least two hours by the time you arrive.

Contact Lens Fitting Period: Follow-up visits pertaining to contact lens fit and lens exchanges will be at no additional charge beyond your fitting package fees (*see other side*) for 90 days from the initial examination. **After this period, there will be a fee for visits and lens exchanges.** Any lost or damaged lenses will be charged at the full replacement fee.

Contact Lens Examinations: You must have your eyes and contact lens fit examined **annually** regardless of your wearing schedule.

Contact Lens Technology: New advances in contact lens materials are allowing greater comfort and flexibility for current lifestyle demands. The latest vision advances have produced toric lenses for high astigmatism, bifocal lenses for presbyopia, and 1-day disposables for maintenance-free convenience. If you have been told in the past that contact lenses were not an option for you, ask your doctor to revisit this option.

Emergency Information: Call our office immediately if your eyes are unusually red, irritated, weepy, light sensitive or blurred.

Contact Lens Fitting Fees

The **contact lens evaluation and fitting** is a separate exam to check the fit of contact lenses and renew the contact lens Rx. Specialty lenses may require a longer fitting period requiring several subsequent visits. Contact lens fitting fees include trial contact lenses and solutions. *The contact lens evaluation fee with no follow-up needed is \$59. Follow-up Spherical contact lens, Toric, and Gas Perm contact lens patients is \$79.00 and includes 3 months of follow-up care. Multi-focal (soft or gas perm) and 'Complicated' contact lens patients is \$99.00 and includes 3 months of follow-up care.*

Insertion and removal training is required for new wearers and is \$99.

Refund policy: Should you or the doctor find contact lens wear not suited for you, 100% of the contact lens material fee will be refunded. Examination and fitting fees are non-refundable. *Open boxes of contact lenses are usually not returnable, though some manufacturers allow for exchanges.*

Whatever your choice, we appreciate your choosing us for your professional eye care needs and look forward to serving you in the future.

The “Do’s and Don’ts” of Contact Lenses

DO replace lenses according to the schedule recommended by your Doctor, even if they seem fine.	DO NOT wear lenses if your eyes are unusually red, irritated, weepy, light sensitive or blurry.
DO wash your hands with a lotion-free soap before handling lenses. Make sure your hands are fully dry before lens insertion.	DO NOT hot tub or enter a steam room or swim with your lenses on. Ask us about swim goggles.
DO use only the solutions recommended by your doctor.	DO NOT allow soft lenses to dehydrate.
DO use lubricant in the eyes liberally when the lenses feel dry or prior to removal.	DO NOT get both lenses stuck together. If this happens, moisten with saline or a surface cleaner and try to slide lenses apart.
DO wash and allow lens case to air dry. Use your contact lens solution to clean your case. Replace your case every 6 months.	DO NOT use medicated eye drops while wearing lenses.
DO wait to apply makeup until after lenses are on.	DO NOT sleep while wearing lenses unless approved for night wear by your doctor.
DO inspect the lenses for defects, lint, mascara, nicks and tears, or to see if it is inverted before each application.	DO NOT use hand creams, makeup or hair spray before handling lenses.
DO keep fingernails short and smooth for safe handling of lenses.	DO NOT swap or share lenses or lens cases.
DO be careful when placing the lens in the case; make sure the lenses sink in lens case and are centered before gently closing the lid.	DO NOT touch the solution bottle tip to the lenses or your eye.
DO keep a backup pair of glasses available for emergencies.	DO NOT use distilled water, tap water, or saliva with soft lenses.
DO disinfect your lenses with fresh unexpired solution after each wear.	DO NOT reuse or top off disinfection solution-old solution loses its effectiveness.