

## CONTACT LENS CARE GUIDE

- Always wash your hands with an antibacterial soap before inserting or removing your contact lenses. We recommend Dial Gold Antibacterial soap. We do not recommend ANY soap that includes perfumes, lanolins, and moisturizers. These soaps leave behind an oily residue on the skin and contaminate your contact lenses. **If you are a Dove soap user please inform your doctor or a technician so that you may be instructed on how to prevent contaminating your contact lenses.**
- Always make sure contact lenses are right side out before insertion. The edges should “roll up” at the lens’ top edges. If the edges are flared slightly the contact may be inside out. An inexpensive magnifier can be very helpful with this evaluation.
- Wear lenses for 5 hours on the first day and increase wear by 1-2 hours each day until a maximum of 12-14 hours has been reached.
- After removing contacts, clean properly and place in contact lens case, using new solution every day. Lenses should be stored at least 4-6 hours for complete disinfection (except for one day disposables).
- Do not allow soft lenses to come in contact with water. Use only solution that is compatible with soft contact lenses.
- Do not sleep in contact lenses unless you have been fit with contacts specifically designed for this.
- **NOTE:** If you have long fingernails, consult a technician for contact lens insertion and removal.

Some **ADAPTIVE SYMPTOMS** are normal for the first couple of weeks. These symptoms include, tearing the contact lens upon insertion or removal, mild sensitivity to light, a slight headache, foreign body sensation, dryness, and mild itching. These symptoms should clear up when all-day wear is achieved.

**ABNORMAL SYMPTOMS** include persistent pain, burning and excessive tearing, redness that does not clear up, hazy vision that remains more than one hour after removal, and abnormal sensitivity to light. If these symptoms occur at any time, you should remove the lenses and call our office (910-738-6464).

**NOTE: Do not sleep in your lenses unless specifically fit with appropriate lenses.** Should you fall asleep in your lenses, be sure to lubricate them well with rewetting drops to loosen them before removal. Once the lens is moving freely on the eye, it can be removed. If only minor discomfort or a dry feeling exists, you can resume normal wear after 24 hours of removing the contact lenses. If abnormal symptoms exist, call our office (910-738-6464).

### **CLEANING SOLUTIONS AND REWETTING DROPS**

- There are different types of cleaning solutions available. We will provide you with the best solution for your needs.
- Rewetting drops may be important for lubricating the eye and keeping the contact hydrated. To promote comfort, the lens must be well hydrated. Rewetting solutions also keep debris from building up under the contact lens. Frequency of rewetting drop use varies from patient to patient. If you do a lot of close work, such as reading or working on a computer, you may experience more dryness because of the reduction in blinking. Certain medications such as antihistamines, diuretics, and birth control pills contribute to dryness as well. Do not use an eye drop that is not specified for contact lens use, please ask your doctor.

### **REMEMBER:**

**Your compliance with the above is of the utmost importance to be successful with contact lens wear and to avoid any unnecessary trauma to the eye. Noncompliance with contact lens care can result in serious eye problems including vision loss. Please contact EyeWorks (910-738-6464) with any questions or concerns about contact lenses at any time.**

## **CONTACT LENS POLICY**

Advancements in contact lens technology offer the potential of successful contact lens wear to most of our patients. A contact lens is a medical device in contact with the tissues of your eye; therefore, it must fit appropriately to maintain the health of your eyes. A contact lens prescription can only be determined by the careful observation of the lens on the eye and the eye's response to the lens on follow-up visits. Since follow-up care is essential, it is your responsibility to keep all appointments and follow all lens care instructions.

### **THE COMPREHENSIVE EYE EXAM**

Before a patient can be fit with contact lenses, a complete medical and refractive eye examination is necessary. This exam is critical to assure the good health of your eyes and to rule out the possibility of any unsuspected, underlying condition that may prevent contact lens use.

### **CONTACT LENS FITTING**

The goal of contact lens fitting is to find the most appropriate contact lens for each patient's optimal vision and comfort. An enormous variety of types, materials, sizes and colors are offered. We are committed to taking the time and effort to fit your contact lenses properly. Although many patients will need only one fitting session, sometimes this process requires several appointments. In our experience, the extra time, effort and patience are well merited by both your ultimate satisfaction and the health of your eyes. All patients being fit into contacts must go through the fitting process. We will not finalize the contact lens prescription until both the patient and the doctor are satisfied with the fit and visual acuity of the contact lens. We will provide one set of trial lens. If any additional lenses are necessary, there will be a dispensing fee to cover the cost of the lens. Any patients who are changing lens brands must also have a new fitting. A contact lens fitting does not have to be performed on the day of the comprehensive eye exam and can be performed in an additional appointment slot.

### **CONTACT LENS TRAINING SESSION**

If you are a first time contact lens wearer, you will be provided with personalized instruction concerning the safe care and usage of contact lenses. If additional time is needed, it will be necessary to schedule a second 30-minute training session at a different time. Upon completion of successful insertion and removal, the patient may begin wearing the contact lenses and we will schedule the first follow-up appointment within 1-2 weeks.

### **FOLLOW-UP APPOINTMENTS**

When you are scheduled for a follow-up contact lens check appointment, it is necessary to have both contact lenses in both eyes for at least 5 hours or more before your scheduled appointment. If you tear or lose a contact before your scheduled follow-up please contact our office to get a replacement trial. If you are having any problems with discomfort or blurred vision before your scheduled follow-up, please contact our office. **DO NOT** put in old contact lenses.

Follow-up appointments are necessary to assure several things:

1. The contact lenses are fitting and moving well
2. The prescription is providing the best possible vision
3. The eyes are remaining healthy
4. There are no problems with insertion or removal
5. The patient understands and complies with the recommended wearing schedule
6. Prescriptions will NOT be written for patients who do not keep follow-up appointments.

There is no charge for contact lens related follow-up visits during the first 30 days.

### **TRIAL CONTACT LENS POLICY**

Trial contact lenses are only given as a diagnostic tool to correctly fit your contact lenses. You will be given one pair of trials as part of your contact lens fitting. When you return for your follow-up appointment and changes are made to your contact lens prescription, you will be given one pair of trial contact lenses. If for any reason your trial contact

lens tears before your scheduled follow-up appointment, please contact our office to get a replacement trial. If you miss or no show to more than one follow-up contact lens check appointment and need an additional pair of trials, you will be charged a \$25 dispensing fee for the additional trial pair of contact lenses.

**ANNUAL CONTACT LENS EXAM**

By law, a contact lens prescription is valid for only one year. All patients are required to come in for an annual contact lens exam and fitting. This is necessary to assure that the patient’s eyes are healthy and the contact lenses are still fitting well. Contact lens prescriptions cannot be renewed without an annual exam. Contact lens exams have a separate charge and are NOT included in your medical exams.

**CONTACT LENS FEE POLICY**

It is our policy that all patients that are currently wearing contact lenses be seen every year for a contact lens examination. **If you are a new patient to our office it is helpful if you can provide the prescription for the lenses that you are currently wearing.** The charge for the contact lens fitting is in addition to the cost of the comprehensive eye exam.

The type of lenses prescribed, the complexity of the fit, and whether or not the patient is a first time contact lens wearer, determines the fitting fee, which includes follow-up care within the first 30 days. This fee is nonrefundable and due at the time of service. We can discuss lens options and prices in more detail once the initial examination is completed.

The fitting fee includes:

- The contact lens fitting
- Training session (if needed)
- Follow-up visits up to 30 days
- Lens changes if necessary, though the patient is responsible for any difference in cost of the contact lenses

The fitting fee does not include:

- Supply of contact lenses (Costs will vary depending on type of lens prescribed)
- The comprehensive eye exam
- Medical visits not directly related to trial contact lens wear
- Contact lens checks after 30 days

**PAYMENT**

Fees for the comprehensive exam, contact lens fitting, or annual contact lens exams are due at the time of service. There is a 50% deposit required for all contact lens orders, with the exception of trial lenses. We accept cash, checks, VISA, MASTERCARD and DISCOVER. After the initial fit, we will gladly order contact lenses over the phone with a credit card as long as the prescription is valid.

**REFUNDS**

There will be no refund on custom lenses, opened or damaged boxes of lenses, or colored lenses because of dissatisfaction with the color. If, however, the doctor decides to discontinue the patient’s contact lens use, a full refund of the unopened contact lenses will be given. There will be NO refund of the exam or annual contact lens fitting fees.

**I have read and understand the Contact Lens Policy, the Contact Lens Fee Policy, and the Contact Lens Care Guide. All of my questions have been answered and I have received copies of the above information. I understand that my compliance with the Contact Lens Care Guide is of the utmost importance in the health of my eyes.**

\_\_\_\_\_  
Patient/Guardian Signature

\_\_\_\_\_  
Date