

## CONTACT LENS CARE GUIDE

- Always make sure contact lenses are right side out before insertion. The edges should “roll up” at the lens profile. 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 4 hours on the first day and increase wear by 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.
- If wearing soft contact lenses that are not disposable, you must use an enzymatic cleaner. Your options are: 1) Liquid enzyme drops used daily or 2) Enzyme tablets used once a week. Lenses must soak in enzymatic cleaner for at least 4 hours for the process to be effective. Rinse lenses thoroughly after this process.
- 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. Wearing contact lenses overnight in Colorado is difficult and risky.
- **NOTE:** If you have long fingernails, consult an optician 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. (669-1107)

**NOTE: Do not sleep in your lenses.** Should you fall asleep in your lenses, be sure to lubricate them well 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 in 24 hours. If abnormal symptoms exist, contact our office. (669-1107)

### 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.

### 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. Please contact Kirk Eye Center 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 appointment 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 for the first time 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**

The patient will be provided with personalized instruction concerning the safe care and usage of contact lenses. It is important to practice the exercises that the optician will provide **before the initial 30-minute training session**. 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. (It is our experience that children learn these new skills more quickly without the parents in the room.)

### **FOLLOW-UP APPOINTMENTS**

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

There is no charge for follow-up visits during the first 60 days.

### **ANNUAL CONTACT LENS CHECK**

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. 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. If we are seeing you for the first time, and you have had a contact lens prescription from another office, we must have a copy of that prescription before your exam in this office. Otherwise, we will consider it a new fit, which we may not have time to complete in your initial visit, and additional costs will apply.

## CONTACT LENS FEE POLICY

The fitting fee, which includes follow-up care within the first 60 days, is determined by the type of lenses prescribed, the difficulty of the fit, and whether or not the patient is a first time contact lens wearer. **THIS FEE IS NON REFUNDABLE AND DUE AT THE TIME OF SERVICE.** We can discuss lens options and prices in more detail once the initial examination is completed. The cost of the fit will be in the range of \$80.00 to \$450.00. If an initial fit needs to be changed, you will be charged the difference in the fitting fees between the original fit cost and the final fit cost.

The fitting fee includes:

- The contact lens fitting
- Training sessions
- Follow-up visits up to 60 days
- Diagnostic lenses

The fitting fee does not include:

- Contact lenses (Costs will vary depending on type of lens prescribed)
- The comprehensive eye exam
- Medical visits not directly related to contact lens wear
- Contact lens checks after 60 days

Annual contact lens exam:

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 you must provide the prescription for the lenses that you are currently wearing, or a fitting fee will be charged.*** If we have prescribed your current lens or you have provided us with current prescription information, and there are no problems or changes in types of lenses, the cost of this service is \$60.00 or \$90.00 (depending on type of contact) if done at the same time as your comprehensive exam. This charge is in addition to the cost of the comprehensive exam.

## PAYMENT

Fees for the comprehensive exam, contact lens fitting, or annual contact lens checks are due at the time of service. There is a 50% deposit required for all contact lens orders, with the exception of trial lenses. All specialty lenses are ordered with a warranty to guarantee they are returnable. Replacement contact lenses will only be dispensed when original lenses are returned to our office. We accept cash, checks, VISA, MASTERCARD, DISCOVER and AMERICAN EXPRESS. 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 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, fitting, or annual contact lens check 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 eye.**

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Patient/Guardian Signature

Date