

Name _____ Date ____ / ____ / ____

Enjoy a Long, Healthy Future of Contact Lens Wear

Drs. Walker, Walker, and Smith specialize in contact lens fitting and management and receives on-going training and education about these medical devices. If you are wearing contact lenses now, or considering them, it is helpful to understand the different types of professional services offered and the role they play in a long, comfortable future of contact lens wear.

The Eye Health and Vision Examination

The eye health examination is the foundation to your total eye care. This exam ensures that your eyes are healthy and functioning properly. The doctor will write a prescription for eyeglasses, keeping your lifestyle and vision requirements in mind. Updated eyeglasses are necessary for all contact lens wearers to allow the eyes to rest and provide comfortable vision when not wearing contacts. Over wearing contacts or not removing lenses despite symptoms of blurry vision or discomfort are the leading causes of eye damage from contact lens use.

The Contact Lens Fitting \$ _____ Follow-up Period: 14 days 21 days 28 days

Variables to successful contact lens wear include hygiene, eye health, tear production, vision correction needs, lifestyle, convenience, and the shape of the eye. There are numerous styles and brands of contact lenses available, each with unique shapes and material compositions. Some contact lenses are designed for special applications such as changing eye color, astigmatism, or near and distance vision. Some contact lenses are designed to be worn for one day and thrown away. Others last longer and are approved for extended wear. All of these variables are taken into account when contact lenses are fit and prescribed. Careful examination under a microscope and professional follow-up visits ensure that the lenses are performing their best and meeting visual needs.

The Contact Lens Refitting \$ _____ Follow-up Period: 14 days 21 days 28 days

Sometimes it is necessary to change the type of lens you are wearing to ensure that you are seeing your best and your eyes are comfortable. Extra time and tests are involved in these Refit Services and they may present a new set of risks. A follow-up period usually accompanies this type of visit.

Contact Lens Training \$ _included_

In order to enjoy years of comfortable contact lens wear and to ensure that your eyes remain healthy, it is important to properly care for your new lenses. If you have never worn contacts before, it is crucial to understand how to properly care for your lenses. During this step, known as the Contact Lens Training, we will schedule a special appointment that allows the time to learn the basics of lens care and how to properly insert and remove the lenses. We will also review your wearing schedule and cleaning regimen. As part of our service, we include a starter kit complete with solution, a case, and care instructions.

If you are experienced at wearing contact lenses, this step may not be necessary. However, keep in mind that your wearing schedule and cleaning regimen may change, depending on the type of lenses and how you wear them.

Your Fitting Appointment:

Your Follow-up Appointment:

Periodic Contact Lens Evaluations \$ _____

Changes in vision, eye health, and lifestyle may alter contact lens wear and periodic evaluations are necessary to make sure that eyes are healthy and seeing their best while wearing contacts. Usually done in conjunction with an eye health and vision examination, the contact lens evaluation includes extra time and testing especially for contact lens use. It is crucial for a long, comfortable, and healthy future of contact lens wear to have them checked at all required visits.

***Fees are subject to change.**

Your Cleaning & Disinfection Solution is:

To prevent damage to yourself or your contact lenses, be sure to follow the manufacturer's instructions for the proper use of solutions. **Only use rewetting drops approved for contact lens use.**

Your Wearing Schedule:

Replace lenses every _____ days.

Remove your contact lenses, store them in solution and put your eyeglasses on every _____.

Your Contact Lens Prescription Expires ____/____/____

Special Instructions:

Initial Wearing Schedule:

Day One: 4 hours

Day Two: 6 hours

Day Three: 8 hours

Day Four: 10 hours

Day Five: 12 hours

Do not sleep in contact lenses. Do not wear for more than 12 hours before your follow-up visit.



Insertion

Hold upper lashes and lower eyelid to prevent blinking. Gently place the lens on the central cornea. Before blinking, use lower lid to gently squeeze out air bubbles.



Removal

Slide lens onto white of the eye and gently squeeze the lens between your thumb and forefinger to remove.

Your Eyeglasses

Even if you wear contact lenses much of the time, a pair of eyeglasses with a current prescription is necessary. Eyeglasses come in handy when a lens is lost or torn. It is also a good idea to wear your glasses occasionally to give your eyes a "rest" from your contacts.

In the beginning it is normal if: 1.) Your eyes itch or feel funny. 2.) You are more aware of one lens than the other. 3.) Your vision seems fuzzier than with glasses. 4.) You have better vision in one eye than the other. 5.) You have trouble handling your lenses.

Remove your lenses immediately if: 1.) You develop unusual pain or redness. 2.) You develop unusually foggy or cloudy vision. 3.) You experience a decrease in vision that does not clear up. 4.) You suspect something is wrong.

Preventing Complications Associated with Contact Lenses

Dry Eye - Medications such as antihistamines and decongestants can dry the thin layer of tears which keeps your contacts comfortable and clear. Alcoholic beverages, smoking, air conditioning, allergies, and dust can also affect your tear flow. For some patients with Dry Eye Syndrome, a procedure of lacrimal occlusion can ease the symptoms of dry eye and increase comfort for contact lens wearers. **Infections and Irritations** - Proper eyelid hygiene and good cleaning procedures of contact lenses can help prevent many of the infections associated with contact lens wear. Regular professional follow-up care can detect complications early and ensure a long, healthy future of contact lens wear.

Infection or injury from contact lens wear can lead to loss of vision - Extended wear lenses increase that risk by 10 times. Always properly care for your lenses. Never over wear your lenses. Remove the lenses and call our office at (828) 765-2020 at the first signs of discomfort.