



RIGID GAS PERMEABLE CONTACT LENS CARE AND INFORMATION FORM

PRODUCTS PRESCRIBED

Contact Lens: _____ Rewetting Agent: _____

Replacement Schedule: 3 Months 1 Year Other: _____

Daily Cleaner: Boston Regular Boston Advance Lobob Clear Care

For first time wearers, the first day one should wear contact lenses for max of 4hrs per day then add + 2hrs + 2hrs. Continue wearing for only 12hrs maximum until you have been given permission to increase wear time.

FOLLOW-UP VISITS

Follow up visits are essential to successful contact lens wear and optimal eye health. We would like to see you back for a follow-up appointment in about one week. Always come for your follow-up visits wearing the lenses for at least two to four hours, so that the lenses have settled by the time we see you.

Your follow up is scheduled for _____ at _____ : _____ am / pm

CONTACT LENS AGREEMENT

I understand that contact lenses are medical devices and state law prohibits dispensing contacts after one year from the date of the contact lens evaluation. A contact lens evaluation will be performed annually to renew the contact lens prescription. The fitting fee includes up to **two follow-up visits within a 30 day period** from the initial evaluation regardless of lens type or modality. We will schedule your follow-up appointment when it is most convenient to you. However, it is the patient's responsibility to make sure that the follow-up visit is completed within the 30 day time-period. If one fails to keep or schedule follow-up visits during the 45 day time-period, additional office visit charges will apply depending on the time period that has elapsed since the initial visit. Contact lens prescriptions will be released to the patient after the trial or follow-up period is successfully completed. If a patient requires multiple contact lens prescriptions, fittings or evaluations, additional charges will apply. There will be a \$45 contact lens fee per visit if more visits are needed or if its been more than 45 days since the initial fitting. But if it exceeds more 3 months but less then 6 months, the doctor recommends that we perform a refraction, before proceeding. The refraction charge is \$55 plus the corresponding fitting charge. If its been more than 6 months since eye examination, we recommend that the complete evaluation be performed. If you are a new contact lens wearer, a 20 minutes training session is included as part of the evaluation. If additional trainings are needed the charge is \$30 for a 20 minute session. **Payment for contact lens examinations, as with all other professional fees, is non-refundable.**

Patient Signature (Parent if minor) _____ Date _____

REFUND POLICY

Gas permeable contact lenses, hybrid contact lenses and some soft contacts are made to order and can also be returned within 60 days period but a re-stocking fee is required depending on lens type and design and must be returned in original vial. Regardless of payment type used an office check will be issued once the credit has been granted from distributor.

DO:

- * Clean the case after each use, by rinsing it with saline or multipurpose solution and keep it open to air dry.
- * Keep all solution bottles closed when not in use.
- * Keep fingernails clean and short to avoid nicking or tearing lenses and/or scratching your eyes.
- * Handle the same lens first to avoid confusing the right and left lenses.
- * Put in your contact lens before applying makeup to avoid contaminating the contact lens.
- * Have a recent pair of prescription glasses with you at all times in case of emergency.
- * Wear UV-Blocking sunglasses over contact lenses when outdoors to adequately protect the eyes from the UV rays.

DON'T

- * Use cream soaps. They can leave a film on your hands that can transfer to the lenses.
- * Put contact lenses in your mouth or moisten them with saliva, which is full of bacteria and a potential source of infection.
- * Use tap water to wash or store contact lenses or lens cases.
- * Share lenses with others.
- * Wear the contact lenses if you experiencing excessive redness, pain, tearing, discharge and/or vision fluctuations.
- * Wear lenses for more than the prescribed time.
- * Wear contact lenses in the presence of harmful or irritating vapors or fumes.



I. Wash your hands

Good hygiene is essential for contact lens wearers, always begin all handling procedures by washing your hands first. Thoroughly wash and rinse hands and dry them with a lint free towel.

2. Preparing for insertion of the contact lens.

- a. Establish a routine and always start with the same contact lens.
- b. Remove the lens from the case, and place it upon your index finger to inspect it for debris, nicks or flaws.
- c. Some contact lenses will have a painted dot or drilled dot to distinguish right from left.
- d. Balance the lens on the tip of your forefinger.
- e. If needed, add one or two drops of conditioner solution to the inside surface of the lens.



3. Contact lens insertion

- a. Using the middle finger of your other hand, pull and hold your upper lid so you cannot blink.
- b. Place the lens gently on the cornea (the color part of your eye).
- c. Slowly release the lower lid and then the upper lid.
- d. Blink gently and make certain that the lens is centered properly and that the vision is good.

4. Recentring a displaced contact lens

- a. Locate the lens by looking in the mirror. It may be necessary to pull your lids well back to expose the lens.
- b. Gently manipulate the lens by using the eyelids to place it back over the cornea.
- c. Also attempt to hold the lens in place over the eyelid and slowly look in the direction of the misplaced lens.
- d. If the lens continues to feel uncomfortable and fails to re-center, remove the lens with the contact lens plunger and re-insert.
- e. When using the contact lens plunger be sure that you are placing the cup completely over the contact lens to avoid causing any damage. Avoid using the plunger when the lens is on the cornea.

5. Inserting rewetting drops.

Your lubricating drops can be used at any time while the lenses are being worn. They will make your lenses more comfortable when the eyes are feeling dry, irritated or tired.

6. Removing the contact lens.

- a. Wash and dry your hands
- b. Blink Method
 - i. Look straight ahead opening your eyes as wide as possible.
 - ii. Place a fingertip on the outer corner of the eyelids so that pressure is applied evenly to both upper and lower lid margins.
 - iii. Pull your finger towards the ear and slightly upward. Then open the eye as wide as possible. Blink strongly and catch the lens with your other hand.
 - iv. If the lens does not come out with the first blink, relax, reposition and repeat.
- c. Pinch Method
 - i. Place index finger along the lower lash line and the other index finger along the upper lash line.
 - ii. With a scissor-like motion, slide lids together, catching the edge of the lens and pinching it out. Don't the edges of the eyelid turns out.



7. Clean lenses and case daily

- a. Clean your lenses daily.
- b. Follow the instructions given with your care kit.
- c. Fill your case with fresh disinfecting solution and leave the lenses to soak overnight at directed.

Recommendations for Contact Lens Wearers from the American Optometric Association

1. Always wash your hands before handling contact lenses.
2. Carefully and regularly clean contact lenses, as directed by your optometrist. Rub the contact lenses with fingers and rinse thoroughly before soaking lenses overnight in sufficient multi-purpose solution to completely cover the lens.
3. Store lenses in the proper lens storage case and replace the case at a minimum of every three months. Clean the case after each use, and keep it open to dry between cleanings.
4. Use only products recommended by your optometrist to clean and disinfect you lenses. Saline solution and rewetting drops are not designed to disinfect lenses.
5. Only fresh solution should be used to clean and store contact lenses. Never re-use old solution. Contact lens solution must be changed according to the manufacturer's recommendations, even if the lenses are not used daily.
6. Always follow the recommended contact lens replacement schedule prescribed by your optometrist.
7. Remove contact lenses before swimming or entering a hot tub.
8. See your optometrist for you regularly scheduled contact lens and eye examinations.