



CONTACT LENS CARE GUIDE

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 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 or changing lenses must go through the full 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. 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 however we do recommend that you keep these appointments the same being that both prescriptions expire in one year's time.

The patient 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 training session at a different time. Upon the completion of two successful insertion and removals, the patient may begin wearing the contact lenses and we will schedule the first follow-up appointment within two weeks.

FOLLOW-UP APPOINTMENTS

Follow-up appointments are necessary to assure several things:

- The contact lenses are fitting and moving well
- The prescription is providing the best possible vision
- The eyes are remaining healthy
- There are no problems with insertion or removal
- The patient understands and complies with the recommended wearing schedule

*Prescriptions will NOT be written for patients who do not keep follow-up appointments.

There is no charge for follow-up visits during the first 60 days unless specified otherwise by your insurance.

ANNUAL CONTACT LENS CHECK

In this office, all contact lenses prescriptions expire one year from the date that the final prescription is determined. All patients are required to come in for an annual contact lens fitting. There are no exceptions to this rule. 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 and fitting. Contact lens exams have a separate charge and are NOT included in your medical or routine exams.

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CONTACT LENS CARE

First time contact lens patients will be provided with a detailed sheet to take home of how to carefully insert & remove the lenses in the case a reference is needed after the training session.

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 disappear 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.

NOTE: Do not sleep in your lenses unless specifically fit with the appropriate 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.

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 care schedule and guidelines 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 complications. Please contact Visual Perceptions with any questions or concerns about contact lenses at any time.

CONTACT LENS FEE POLICY

The fitting fee includes:

- The contact lens fitting with the doctor
- The training session/s needed until you are able to successfully insert & remove the lenses twice
- Follow-up visits up to 60 days unless specified otherwise by your insurance company
- Trial lens changes if necessary due to fit or discomfort of the lens or prescription
- With some insurance plans, the fitting charges and visits are determined by the plan that you are under. Please review your plan carefully.

The fitting fee does not include:

- Contact lens boxes (Costs will vary depending on type of lenses prescribed)
- The comprehensive eye exam
- Medical office visits

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CONTACT LENS FEE POLICY CON'T

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, though it is not mandatory, it is helpful if you can provide the prescription for the lenses that you are currently wearing. If there are no problems or changes in your lenses, the cost of this service will *start* at \$65.00. This charge is in addition to the cost of the comprehensive exam and *does* vary. If you are a new contact lens wearer, the fee for the initial fitting *starts* at \$99.00.

The fitting fee 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.** Lens options and prices can be discussed in better detail once the initial examination is completed.

****Please Remember**** This fee does NOT include your contact lenses or your eye exam.

PAYMENT

Fees for the comprehensive exam, contact lens fitting, or annual contact lens checks are due at the time of service. Contact lens orders must be paid in full before the dispensing of the lenses is allowed. If you purchase a full year supply of lenses, you can receive shipment of those lenses to your house for no additional charge. If you did not purchase a full year supply but would like them shipped to you, there is an additional shipping charge of \$6.00. If you are getting your lenses shipped, all fees must be collected at the time of the order. We accept cash, check, care credit and all major credit cards. A photo ID must be delivered if you wish to pay with any method other than cash.

REFUNDS

There will be no refund on opened or expired boxes of lenses, or colored lenses because of dissatisfaction with the color. There will be NO refund of exam charges, co-pays or annual contact fitting fees for any reason.

I have read and understand the Contact Lens Policy, the Contact Lens Fee Policy, and the Contact Lens Car 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.

Patient/Guardian Signature

Date