



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 examination. _____ (initial)

Disposable trial lenses are for fitting purposes only and will be dispensed at the initial fitting exam. I understand that I should have a pair of glasses as a back-up to contact lenses if correction is needed. _____ (initial)

I also understand that most contact lenses alone do not provide adequate protection from the ultraviolet rays of the sun and that UV-blocking sunglasses should be worn over contact lenses for outdoor activities. _____ (initial)

I understand that not all contact lenses are designed for overnight wear. Even if they are designed for that use, not all patients can healthfully sleep in their lenses. It is the doctor's discretion to determine if I can safely wear extended- wear contact lenses and for what length of time. _____ (initial)

Contact lens examination fees, as with all other professional fees, are non-refundable. We will schedule your follow-up appointment; however, it is the patient's responsibility to make sure that the follow-up is completed within the 30 day time period, lens availability allowing. If you fail to keep scheduled follow-up visits during the 30 day period, additional office visit charges may apply. _____ (initial)

Patient's Name

Patient / Guardian's Signature

Date

Instructions for Handling Contact Lenses

Wash your hands before handling your lenses. Do not use any soap containing cream, lotion, oil, or perfume.
Use lint free towels, instead of regular paper towels or tissue.
Plug the sink before working with your contact lenses.
Keep nails short, filed and clean.

Soft Contact Lens Instructions

Never let soft contact lenses become dry. Never soak them in tap or distilled water. If lenses dry out, they will become brittle and damaged.

You will be given solutions and instructions to care for your lenses. If you have questions about other solutions, please call to be sure you can use them before you purchase them. Always clean the lenses first and then disinfect them. To clean, put a small amount of solution in the palm of the hand and rub the lenses to remove any loose debris on the surface. After rubbing the lenses, rinse thoroughly with the solution or saline and continue with the disinfecting segment of the care system. Store the lenses in the disinfecting solution for at least 6 hours. Take them directly from the storage solution and insert them in the eyes. A lens should never be inserted that has not been disinfected by the system provided.

Adhering to the lens care system recommended is important. The risk of complications increases when you do not adhere to the lens care system prescribed for you. Switching or mixing products could cause irritation and/or permanently discolor your lenses.

Remember to clean and disinfect your lenses if they are stored more than 48 hours. **DO NOT RUSH YOUR WEARING TIME!**

Possible Contact Lens Complications

Wearing contact lenses is a reasonable method of attaining good vision as an alternative to glasses. However, wearing contact lenses is not without risk. You must be aware of the potential hazards and accept these relative risks in addition to the benefits of contact lenses.

The following conditions are possible complications of contact lenses:

1. **Contact Lens Overwear.** This occurs when the contact is worn longer than the cornea can tolerate. Not enough oxygen gets to the cornea resulting in temporary discomfort and blurred vision. The treatment is to discontinue wearing the contact lenses for a few days.
2. **Corneal Abrasion.** This is a "scratch" on the surface of the cornea resulting from a poorly-fitting contact lens, foreign material under the contact lens, overwear, or improper removal technique. The treatment may include antibiotics. Infection may result from this condition.
3. **Allergic Reaction.** In this condition the eye becomes red and irritated often in response to the cleaning and/or storage solutions. It is most often seen with soft contact lenses and is usually a reaction to the preservatives in these solutions. Treatment includes changing to different solutions and storage methods as directed by your doctor.
4. **Tight Lens Condition.** This is most often seen with soft and extended wear contact lenses. The lens, which previously had fit well, "tightens up" and does not allow tears and oxygen to the cornea. This results in pain, redness, and swelling of the cornea and can lead to a corneal abrasion. The treatment is to refit the lens.
5. **Corneal Warpage.** This is most often seen with hard and gas permeable contact lenses. In this condition, the shape of the cornea becomes altered in response to the contact lenses. If severe warpage occurs, the lenses may no longer fit well and discomfort results. The treatment is to discontinue wearing the contact lenses until the warpage resolves, which may take weeks to months. During this healing time, the vision may fluctuate, requiring a change in the glasses prescription one or more times. Occasionally, the warpage may not resolve and the astigmatism created may persist.
6. **Giant Papillary Conjunctivitis (GPC).** In this condition, there is itching, lens intolerance, and redness while wearing the contact lenses. It is more often seen with soft lenses and is generally caused by a buildup of protein on the surface of the lens. Treatments include discontinuing lens wear for a period of time, switching lens types, switching solutions, and prescribed allergy drops.
7. **Corneal Ulcer.** This is the most severe complication of contact lenses and is more often seen with extended wear soft lenses. In this condition, trauma or contamination to the cornea from the contact lens results in an infection. This sometimes requires hospitalization for treatment and can lead to extensive corneal scarring. Corneal transplant surgery may be required to regain good vision. Although very rare, it is possible that a patient could lose an eye from

a severe corneal ulcer.

8. Reduced Binocular Vision, Depth Perception and Peripheral Vision. This may occur in patients fitted with monovision, bifocal or multifocal contact lenses. Treatment may include prescribing glasses to be worn over the contacts.
9. Temporary or Permanent Loss of Vision.

It is not possible to determine in advance whether you will become a successful contact lens wearer or not. Personal, physiological and environmental factors may require changes in the wearing schedule or termination of lens wear. In such cases, alternative treatments will be discussed. Please keep your glasses prescription up-to-date in case you are unable to wear your lenses.

If you experience redness, secretion, visual blurring, or pain (RSVP), remove your contact lenses at once. If the symptom subsides, the lenses can be cleaned and reinserted. If the lenses are removed and the symptom does not subside or reappears upon reinsertion, remove the lenses immediately and call us!

Contact lenses require proper care and handling. They must pass many rigid tests to insure proper power, shape, and durability. Contacts do not develop tears, nicks, or scratches by themselves. They are only caused through mishandling of the lenses by the patient. How well you care and handle them will determine how long they last. You must follow all instructions in caring for and handling your lenses. Failure to do so could damage your lenses.

A Contact lens fitting evaluation may require a number of follow-up visits. On these visits, we ask that you have your contact lenses on for at least 2 hours prior to coming in. These visits are very important to ensure the proper fit of the lens and the health of the eye. Please keep all appointments made for you. Contact lens evaluations and fittings are mandatory YEARLY for a prescription refill.

A contact lens prescription does not exist until the Doctor deems your lens fit acceptable after several checks during follow-up care. After you have been released from initial follow-up care, and the Doctor has finalized your contact lens prescription, you may request a copy of your contact lens prescription.

Your cooperation is vital to your success in wearing contact lenses.

DO's and DO NOT's

- DO keep soft lenses moist to prevent tearing.
- DO discard eye makeup three months after opening. The exception is pencil eyeliner that is sharpened to a fresh supply.
- DO insert lenses BEFORE applying cosmetics.
- DO remove lenses BEFORE removing cosmetics.
- DO follow your Eye Doctor's instructions for lens care and use only the solutions recommended by your Eye Doctor.
- DO keep your contact lens case clean. Never rinse it with water.
- DO carry a case with you with fresh solution in it at all times.
- DO remove your lenses and consult your Eye Doctor, if you experience redness, itching, irritation or pain.
- DO NOT allow others to wear your contact lenses.
- DO NOT wear lenses in areas where there are chemical fumes as they can penetrate into your lenses and damage them and may be harmful to your eyes.
- DO NOT wear lenses while swimming or showering.
- DO NOT touch the tip of your bottles with your fingertips or touch your eye with the bottle tip when instilling lubricating drops.
- DO NOT hold a rigid gas permeable lens by the edges. Hold it front to back.
- DO NOT slide a rigid gas permeable lens across a flat surface.
- DO NOT use hair spray when your lenses are in. Spray your hair BEFORE inserting your lenses.
- DO NOT use saliva to wet your lenses. Your mouth is full of bacteria.
- DO NOT sleep in your lenses unless instructed by your eye doctor.