

Contact lens care guide

- Wash your hands with soap and water and dry them with a lint-free towel before touching your contact lenses.
- Use a “rub and rinse” cleaning method no matter what type of lens cleaning solution you buy. Rub your contact lenses with clean fingers, then rinse the lenses with solution before soaking them. Use this method even if the solution you are using is a “no-rub” type.
- Never put contacts in your mouth to wet them. Saliva (spit) is not a sterile solution.
- Do not rinse or store contacts in water (tap or sterile water).
- Never use a homemade saline solution. Do not use saline solution or rewetting drops to disinfect your lenses. They are not disinfectants.
- Use new solution each time you clean and disinfect your contact lenses. Never reuse or top off old solution.
- Keep your contact lens case clean. Rinse it then leave the empty case open to air dry. Replace the case at least every 3 months or right away if it gets cracked or damaged.

Contact lens fitting policy

- The goal of contact lens fitting is to find the most appropriate contact lens for each patient’s optimal vision and comfort. 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. 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. Any patients who are changing lens brands must also have a new fitting.
- 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.
- Contact lens fitting fees are separate fees from your routine eye health exam or medical office visits. All fitting fees include 30 days of follow-up cares. Additional follow-up visits range from \$20.00 - \$40.00 each. Professional fees do NOT include the cost of the annual supply of contact lenses.
- Payment for the comprehensive exam and contact lens fitting are due at the time of service. There will be NO refund of the exam, fitting, or annual contact lens check fees.
- A copy of your contact lenses prescription will be provided to you at the end of the examination or follow up visits. You can order your contact lens supply from any vendor of your choice.

Sign below to acknowledge that you have read the contact lens fitting policy and were provided with a copy of your contact lens prescription at the completion of your contact lens fitting.

Patient/Guardian Signature

Date