



# CONTACT LENSES

Contact Lenses are prescribed by your doctor after a careful evaluation. This procedure is called a contact lens evaluation or fitting. There is a separate charge for this service. **The fee range is anywhere between \$15 and \$100 depending on the complexity of your fit.** This is in addition to your regular exam fee.

Just like any prescription, your contact lens prescription may be refilled for a limited period of time. In Indiana, by state law, a contact lens prescription expires in one year. After your initial fitting and follow up period, your doctor will want to evaluate your lenses on a regular basis. We recommend a yearly eye exam for all contact lens patients.

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## Contact Lens Information



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# We Care For Your Eyes



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**CONGRATULATIONS on deciding to wear contact lenses.** Our goal is to provide you with your best possible vision in comfortable contact lenses. We also want you to be skilled in insertion and removal of your lenses and well informed in the care and handling of your contact lenses.

*The following guidelines will help to assure that you are receiving the proper quality care:*

- **Never sleep in your contact lenses.** Sleeping in the lenses increases the risk of eye infections by 10 to 15 times. Remove and clean your contact lenses every night.
- **Do not swim or shower in your contact lenses.** Soft Lenses absorb fluids. Any fluid in the pool water can be absorbed and damage your contact lenses or irritate your eyes.



- **Do not share contact lenses.** Your lenses benefit your eyes, only. If you lose or damage a contact lens, replace it with a new prescription or prescribed lens. **DO NOT borrow someone else's contact lenses!**
- **Soft contact lens wearers should replace their contact lenses regularly.** These are disposable lenses that are designed to be replaced frequently. Follow your doctor's guidelines for replacement, i.e. every two weeks, monthly, daily, etc. Gas permeable lenses may need to be polished at least once a year, sometimes more frequently.



- **If you experience pain, redness, or blurred vision, remove your contact lenses immediately.** NEVER re-insert or wear a torn contact lens, for doing so can cause a corneal abrasion.
- **Be sure to wear your contact lenses when you come in for a follow up visit.** We prefer you wear them for at least four hours, unless there is a problem.



- **Always clean your contact lenses manually before storing them in your disinfecting solution overnight.** Manually rubbing the lenses removes mucous, oils and debris that the solution cannot. The contact lens case should be cleaned regularly with mild soap and water and allowed to air dry, and should be replaced at least every 3 months.
- **Be sure to wash your hands before handling the contact lenses.** Not only can bacteria from your hands cause eye infections, but soft lenses can absorb other fluids and materials that may damage the lens.
- **Avoid spray products, which may be absorbed into soft contact lenses, or coat gas permeable lenses.** If you use hair spray, use it first, and then put your contact lenses in. Eye make-up should be applied after the contact lenses are in to avoid dragging make-up under the lens.