Congratulations on your new contact lenses!

We hope you enjoy the more natural vision, comfort and convenience that your new contacts provide. This booklet will be a good reference for many of the questions you may have about contact lenses. We are also available to answer any questions. Please call us anytime. Enjoy your new lenses!

Before you insert your contact lenses....

- Never wear a damaged lens or wear your contacts if your eyes are bothering you!
- Always wash your hands thoroughly before handling your lenses.
- Do not use soaps that contain creams, perfumes, deodorants, or other additives.
- Dry your hands with a clean, lint-free cloth.
- Keeping nails short, filed, and clean makes contact lens handling safer and easier.
- If you are standing over a sink, close the drain.
- Place a paper or cloth towel on the surface you are working over.
- Using a mirror is very helpful. For some, a magnifying mirror works best.
- Carefully remove the lens from the case or vial.
- Always inspect lenses for tears, scratches, chips or deposits before insertion.
- Rinse the lens well with contact lens solution.
- Make sure the lens is not inside out.
- Open the case one side at a time and always apply the same lens first (right or left) to avoid mixing up the lenses.

Soft Contact Lens Instructions

- Store soft contact lenses in disinfecting solution until you are ready to insert them.
- Use only solutions provided by or recommended by this office. Generic contact lens solutions often have harsh preservatives that may damage the lenses, or cause corneal problems.
- When inserting lenses, remove lenses from the storage solution and insert them in your eyes. You may choose to rinse the lenses in fresh solution before insertion. A lens should never be inserted that has not been disinfected by contact lens solution.
- Do not use gas permeable contact lens solution with your soft lenses.
- Be sure to clean soft contact lenses upon removal. Put a small amount of solution in the palm of the hand along with one contact lens at a time and rub the lens to remove debris on the surface. After rubbing the lenses, rinse thoroughly with solution and store in solution in a contact lens case.
- Always use fresh solution when storing lenses. Never “top up” previously used disinfecting solution.
- Always clean your lenses immediately upon removal, before oil, mucous, and other ocular secretions become hardened on the lens.
- Always be very gentle when handling your soft lenses. Pinching or creasing them may create weakened areas that will ultimately tear or crack.
- Never let soft contact lenses become dry. If lenses dry out, they will become brittle and tear easily.
- Never use water or saliva on your soft lenses. They contain bacteria and impurities that can contaminate your lenses and harm your eyes.
- Clean your contact lens case daily with hot water and allow it to air dry while you wear your lenses. Replace cases monthly. Even the most meticulous contact lens wearers may sometimes have dirty cases which result in eye infections.
Soft Contact Lens Wear Schedule for NEW Contact Lens Wearers:

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Rigid Gas Permeable (RGP) Contact Lens Instructions

- Store RGP contact lenses in disinfecting solution until you are ready to insert them.
- Use only solutions provided by or recommended by this office. Generic contact lens solutions often have harsh preservatives that may damage the lenses, or cause corneal problems.
- When inserting lenses, remove lenses from the storage solution and insert them in your eyes. You may choose to rinse the lenses in fresh solution before insertion. A lens should *never* be inserted that has not been disinfected by contact lens solution.
- Do not use soft contact lens solution with your RGP lenses.
- Be sure to clean RGP contact lenses upon removal. Put a small amount of solution in the palm of the hand along with one contact lens at a time and rub the lens to remove debris on the surface. After rubbing the lenses, rinse thoroughly with solution and store in solution in a contact lens case.
- *Always* use fresh solution when storing lenses. Never “top up” previously used disinfecting solution.
- *Always* clean your lenses immediately upon removal, before oil, mucous, and other ocular secretions become hardened on the lens.
- *Always* be gentle when handling your RGP lenses. Bending them or gripping them by the edge may create weakened areas that will ultimately warp, crack, or break the lens.
- *Never* use water or saliva on your RGP lenses. They contain bacteria and impurities that can contaminate your lenses and harm your eyes.
- Clean your contact lens case daily with hot water and allow it to air dry while you wear your lenses. Replace cases monthly. Even the most meticulous contact lens wearers may sometimes have dirty cases which result in eye infections.

Rigid Gas Permeable (RGP) Contact Lens Wear Schedule for NEW Contact Lens Wearers:

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Do not rush your wear time! Maximum wear time will be determined at your follow-up appointment. You must be wearing your contact lenses at least 2 hours prior to your contact lens-related follow up appointments.

If you experience redness, discharge, blurry vision, or pain, 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!

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. Please keep your glasses prescription up-to-date in case you are unable to wear your lenses.

Contact lens fitting requires a number of follow-up visits (two to three visits in the first three months). 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.

Yearly contact lens evaluations and fittings are mandatory for a prescription refill. Your contact lens prescription WILL expire 365 days from the day that it is written. There are NO exceptions to this policy.

A contact lens prescription is not issued until the doctor deems your lens fit acceptable during follow-up care. After you have been released from initial follow-up care, you will receive a copy of your contact lens prescription.

Your cooperation is vital to your success in wearing contact lenses.
Contact Lens Agreement and Patient Responsibility

Please read this information carefully, for they constitute your obligations as a contact lens patient of DuPage Ophthalmology.

I am aware of proper methods of lens care and handling. I understand the importance of adhering to proper lens care procedures and the need for periodic progress evaluations. I agree to follow the recommended wearing schedule and to keep scheduled progress appointments. I agree to follow my doctor’s advice for the safe wear of lenses.

I understand that contact lenses are medical devices and are dispensed up to one year from the date of the examination. Disposable trial lenses (applicable only to soft contact lenses) are for fitting purposes only and will be dispensed during the initial contact lens fitting period. I understand that I should have a pair of glasses as a back-up to contact lenses if needed.

I understand that extended or continuous wear (overnight) contact lenses have many benefits but, as with any other drug or medical device, they are not without risks. I have been told that the risk of complications with extended or continuous wear (overnight) lenses is greater than for daily wear lenses or gas permeable lenses. I understand that not all contact lenses are designed for overnight wear and if I am fit with extended wear lenses that the maximum approved wearing time is six nights in a row. It is the doctor’s discretion to determine if I can safely wear extended wear contact lenses. I have also been told that a small percentage of wearers develop serious complications, including conditions that can cause permanent injury and vision loss. I agree to follow the advice and instructions provided by my doctor. I will remove my lenses if I experience eye pain, redness, discharge, sensitivity to light, or decreased vision, and call the office immediately at 630-495-2220.

I also understand that 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. A contact lens prescription will be released to me after the fitting period, upon request. I understand that contact lens examination and fitting fees, as with all other professional fees, are non-refundable. Contact lens examinations include follow-up visits for 60 days after the fitting exam. 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 60 day time period. If you fail to keep scheduled follow-up visits during the 60 day period, additional office visit charges may apply.

Please Sign, Print Name, and Date

__________________________________________________________  _______/_______/_______
Signature          Date

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Print Name