

Eye Clinic of Edmonds

Contact Lens Instructions, Fees and Fitting Information

Our contact lens fitting fee is \$60.00 for established patient contact lens wearers and \$100.00 for new contact lens wearers or complex fits for established patients , and this fee is *in addition* to your **comprehensive exam charge** as there are *separate* or *additional* measurements provided for contact lens fitting that are not a part of the refractive eye exam. **A contact lens fitting fee will be applied to all new and existing contact lens wearers! We collect the minimum fee of \$60.00 or \$100.00 upfront when you check in for your visit.** A fitting is required every two years or sooner if your doctor deems it necessary for the health of your eyes. The exact fee for fitting your lenses is determined by your doctor at the time of service based on fitting complexity and the type of the lenses you require or request. **You are responsible for this fee at the time of service whether your insurance pays or not, and whether the doctor finds a change in your prescription or not.**

Wearing contact lenses puts you at risk for certain complications. While these complications are rare, they can be serious and some can even result in permanently decreased vision. **Sleeping in your contacts and not caring for them properly increases the chance of these complications.** If you experience redness, discharge, blurry vision or pain, you should remove your contacts at once. If the symptoms do not subside or if they come back when you try to put your contact on again you should call us immediately. It is not possible to determine in advance whether you will become a successful contact lens wearer or not. Please keep your glasses prescription up to date in case you are unable to wear your contact lenses.

Contact lens fitting often requires follow-up visits to ensure the proper fit of the lenses and the health of your eye. A contact lens prescription doesn't exist until the doctor deems your lens fit acceptable after follow-up care. When you return to the office for these follow-up appointments, it is very important that you wear your contacts to the appointment. **The contact lens follow-up appointments and trial lenses related to finalizing your prescription are *included* in your initial fitting fee for up to three months from the date of initial exam.** Office policy requires payment for all contact lenses at the time of order or receipt depending on the shipping destination you desire. Once contact lens orders are placed, the patient will be responsible for a \$3.00 restocking fee per box (applied by our vendors) if the order is canceled for any reason. We will provide patients with a billing statement copy to submit to their insurance company if applicable, we also gladly bill your insurance for contact lenses and fitting evaluations where appropriate.

Solutions

There are many contact lens solutions available for rinsing, storing and re-wetting your lenses, please let your doctor know which you prefer or if you're having any complications with your current solution. The Eye Clinic of Edmonds recommends a solution system with a **daily cleaner** and not simply saline which is limited in it's disinfection abilities. Read all instructions carefully when using contact lens care systems, some contain peroxide which **must neutralize for a specific number of hours and is NOT SAFE for direct contact with your eyes.** If you have any questions on how to use your solution, please ask your eye doctor or one of the technicians and we'll be glad to assist you.

Don't ever sleep in your lenses (not even to nap) unless your doctor has given you explicit permission to do so.

Don't use saliva on your lenses!

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Don't swim with your contacts on!

Don't remove your lenses right away after they've come into contact with fresh water. Fresh water can cause the lenses to adhere more tightly to the front of your eye. Wait ten minutes and apply a drop of safe contact solution or natural tears in your eye before you remove them.

Don't over wear your lenses! It's always a good idea to remove them at least an hour before bed. Contacts cause oxygen deprivation to your eyes and your eyes need time to rest and recover after a full day of wear.

Don't switch solutions without consulting your eye doctor! Some solutions are not compatible with each other or with certain contact lens types.

Don't use only saline to soak your lenses!

Don't touch bottle tips to any surface, including your body!

Don't get tap water on your soft lenses! It's OK to rinse your case out with tap water as long as you let it air dry.

Do's

Do have regular eye exams with your eye doctor. For contact lens patients we recommend annual exams.

Do carefully follow the start-up wearing schedule if you are a new contact lens wearer.

Do check your contact lenses for damage before wearing them. Make sure an edge hasn't torn and that there isn't debris on your lenses from the day before.

Do check that your soft contact lens is right-side-out when inserting it, the edges should point upward and not flare out like the rim of a hat.

Do be sure there is no debris on your lenses, tissues or paper towels can cause dust to adhere to the lenses and will irritate your eyes.

Do use only approved solutions for contact lens care.

Do apply any hair spray *before* inserting your lenses.

Do apply makeup *after* inserting your lenses to help prevent cosmetics from collecting on the lens itself and getting in your eyes.

Do wear safety glasses for eye protection when suggested by your work activities.

Do dispose of your lenses as often as directed by your eye doctor.

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Lens type/Solution(s) and Care Instructions:

- Lens type Soft Gas-Permeable
- Replacement Schedule 2 weeks 1 month Daily
- Rinsing Solution(s) Optifree Replenish Biotrue Complete RevitaLens
 Saline Other _____
- Storing Solutions(s) Optifree Replenish Biotrue Complete RevitaLens
 Clear Care Renu Other _____
- Cleaning Solution(s) Optifree Replenish Biotrue Complete RevitaLens
 Clear Care Renu Boston Solution Optifree GP Other _____
- Enzyme Disinfection _____
- Other instructions _____

- If you are new to contacts, please slowly increase your daily wear of contact lenses 1-2 hours longer each day. It's important to allow your tear film to adjust to the oxygen deprivation experienced with continual soft lens use.

My signature below is acknowledgment that I have read and understand the above instructions and fees pertaining to contact lens use and fitting evaluation. I will adhere to these recommendations and procedures as prescribed by my doctor(s) and the staff at Eye Clinic of Edmonds.

Signature of patient/parent or guardian _____ Date _____