



Contact Lens Wear and Care Instructions

Thank you for choosing North River Ophthalmology for your contact lens needs. We are committed to helping you obtain your best possible vision and maintaining your eye health. Successful contact lens wear comes from a partnership between you and your ophthalmologist. This document outlines guidelines and expectations that are designed to give you the best vision, comfort, and care for your eyes. Please read these instructions carefully and call us with any questions that you may have.

Your contact lens prescription will be effective for one year after your exam.

Wear and Care Instructions

1. Use only commercially available contact lens cleaning and storage products.
2. Follow the recommended lens replacement schedule for your brand of contact lenses.
3. Replace your contact lens case at least once every three months.
4. Wash your hands with soap and water every time you insert or remove your lenses.
5. Store your lenses in a clean case in fresh solution.
6. Wear your lenses only during waking hours and **always remove them before bedtime.**
7. Dispose of the old solution in your case when you remove your lenses and replace it with fresh solution. This should be done each time you place your lenses in the case for storage.

Your Commitment

Maintaining your best vision and optimum eye health requires commitment from you. We recommend that you have an eye exam once a year. We will not be able to order contact lenses or give you sample lenses beyond one year from the date of your last exam. After a year, your contact lens prescription will expire. To avoid the inconvenience of having to go without contacts for a period of time, you should always order a new supply of contacts BEFORE you use the last one you have. You also need a pair of glasses with which you can safely drive and accurately do your work duties or school and class work.

Contact Lens Evaluation Fees

You will be responsible for a contact lens fitting fee, which can range from \$25 to \$100 and is due at the time of initial service and fitting. The amount is dependent upon the type of contact lenses your prescription requires. Please speak with the receptionist or technician if you have questions regarding the amount of the fitting fee that will apply to your visit. Your fitting fee includes 30 days of contact lens-related visits after you receive your first pair of contacts. After the 30 day period, regular office visit charges will apply.

Call our office for any of the following problems during or following contact lens wear: eye pain, sensitivity to light, eye redness, excessive tearing or discharge, or blurry vision. Please call 205-752-1584.

Patient Agreement

I understand the information outlined above and agree to fulfill my commitment to successful contact lens wear.

Patient signature _____ Date _____