

## PART 1 - CONTACT LENS CARE INSTRUCTIONS AGREEMENT



**EDINBURGVISIONCENTER.COM**

**Dr. Luis S. Navarro**  
**Dr. Kriselda Garza**  
**Dr. Lorena Flores - Hdz.**  
Optometric Glaucoma Specialists  
Therapeutic Optometry

**As a prescription health device, contact lenses must be monitored on a regular basis. Your compliance with our professional care and advice is essential for successful long-term contact lens wear as well as vision preservation. It is our goal that you wear your lenses comfortably and safely at all times. This Contact Lens Care Instructions Agreement is to insure that we have provided you with the best opportunity for a successful contact lens wearing experience.**

### **As a contact lens wearer you must:**

- Follow the contact lens insertion and removal instructions (see Part 2 - Contact Lens Wearing Agreement) provided by your eye care practitioner or contact lens specialist.
- Wash your hands with lanolin-free soap and water and dry with a lint-free towel prior to handling contact lenses.
- Just prior to placing the solution in the lens case, place 3 drops of contact lens solution on one side of the lens surface. Gently rub your lenses for 10 seconds (never rub in a circular motion, because it may tear and not clean the outer edge surface).
- Dispose of contact lenses as prescribed. Disposable and planned replacement lenses are FDA approved for specific durations of time only and disposal dates should be carefully monitored and followed.
- Avoid environments that contain air-borne chemicals or irritating fumes.
- Avoid using aerosols such as hairsprays, perfumes, air fresheners, cleaning products, etc., when wearing contact lenses. Aerosol residue can linger in the air for several minutes. Areas in which an aerosol product has been used should be avoided for several minutes to allow the chemicals to disperse and settle.
- Store lenses in the recommended solutions when not wearing. Do not store lenses in a dry case without solution. Soft lenses will dry out quickly and become brittle. Discard any soft lens that has become dehydrated. Do not attempt to re-hydrate as this could change the lens dimensions. You may store your lenses for up to 30 days.
- Prior to next contact lens storage, discard the solution in the lens case and thoroughly rinse the case with fresh contact lens solution. Allow it to air dry, place the lenses in a clean lens case and refill with fresh solution. Close lens case tightly.
- Replace contact lens storage cases every 1-3 months.
- Use only the recommended solution and cleaners. Do not mix or alternate brands.
- Monitor expiration dates on all solutions. Discard any remaining solution that has passed the expiration date.
- Adhere to all instructions as provided by your eye care practitioner. Consult your eye care practitioner with any questions regarding the wear and maintenance of the contact lenses or if any unusual pain, irritation, or redness occurs.
- Notify your general practitioner that you are a contact lens wearer in the event you are prescribed any temporary or long-term medications. Various prescribed medications can alter tear production, corneal shape, or cause corneal edema. Contact lens wear may need to be suspended for the duration of treatment if recommended by your eye care practitioner or contact lens specialist.
- Have a current pair of eyeglasses. If eyes become irritated due to allergies, infection, or any other ocular condition or injury, contact lens wear may be suspended for an indefinite length of time requiring you wear your most current prescription eyeglasses.

### **As a contact lens wearer, you must not:**

- Insert lenses if eyes are red and/or irritated. If irritation occurs during wear, remove lenses immediately. If irritation and redness persist upon removal, immediately call your eye care practitioner.
- Use any over-the-counter eye drops to reduce redness, dryness, or allergy; unless recommended or prescribed by your eye care practitioner.
- Wear lenses longer than prescribed. Closely monitor recommended daily wearing schedules and increase wearing time only as advised.
- Store or rinse lenses in any non-sterile water, including tap water.
- Swim, shower or use hot tub while wearing soft contact lenses. Although swimming with goggles is safer, patients are at risk of contracting infection even when swimming with goggles.
- Use saliva or put lenses in mouth to rewet. Saliva contains bacteria that can cause serious infection and damage to the eye.
- Share your contacts with others. Contact lenses are medical devices prescribed for you only.
- Do NOT miss your follow-up appointment to avoid any re-fitting fees after 3 months.

***I have read all of the information contained in the Contact Lens Care Instructions Agreement and understand the importance of these instructions as a contact lens wearer and agree to comply.***

**Patient:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent:** \_\_\_\_\_

PART 2 -CONTACT LENS WEARING AGREEMENT



EDINBURGVISIONCENTER.COM

**Dr. Luis S. Navarro**  
**Dr. Kriselda Garza**  
**Dr. Lorena Flores - Hdz.**  
Optometric Glaucoma Specialists  
Therapeutic Optometry

**Discard Contact Lenses Every:**

(As circled) daily    2 weeks    1 Month    3 months    6 months    12 months

- Patient is allowed to sleep in contacts
- Patient is NOT allowed to sleep in contacts

**Your Contact Lens Care Solution is:**

Sauflon Multi-Purpose Solution  
 Biotrue Multi-Purpose Solution  
 Ocusoft Hydrogen Peroxide System  
 Sauflon Hydrogen Peroxide Solution

Opti- Free Puremoist Multi-Purpose Solution  
 Clear Care Hydrogen Peroxide System  
 Boston SIMPLUS  
 RevitaLens Ocutec Multi-Purpose Souldution

**Your Lubricating Contact Lens Eye Drop is:**

Blink contacts  
 Refresh Contacts  
 Opti-Free Replenish Rewetting Drops

Complete Blink-N-Clean  
 TheraTears Contact Lens Drops  
 CMC Preservative Free Drops

**Insertion and Removal Instructions**

**Insertion of your contact lenses:**

- Before handling your lenses, always wash your hands with lanolin-free soap and water and dry with a lint-free towel.
- Remove the lens from your lens case; always start with the same lens first (right or left) to avoid a mix-up.
- Place the lens on the end of your dry index finger of your dominant hand. Check the edges to ensure that the lens is not inside out.
- Add a few drops of an approved moisturizing drop to the lens before you insert.
- Using your other hand, pull and hold your upper eyelid to prevent blinking.
- Pull your lower lid down with the middle finger of the hand that's inserting the lens.
- Look up, and gently place the lens on the lower white part of your eye.
- Look down to position the lens and slowly release your eyelids.
- Close your eyes for a few seconds. Blink a few times to center the lens on your eye.
- After inserting your lenses, always remember to rinse your lens case daily with fresh solution and let it air dry; never reuse solution.

**Removal of your contact lenses:**

- Before handling your lenses, always wash your hands with lanolin-free soap and water and dry with a lint-free towel.
- Check to see that the lens is centered on your eye.
- Look up and pull your lower eyelid down with your middle finger.
- Bring your index finger close to your eye until it covers your field of vision.
- Touch the lower edge of the lens and slide it down to the lower white part of your eye.
- Gently squeeze the lens between your thumb and index finger and remove the lens from your eye.
- After removing your lenses, always rinse, clean, and disinfect them so they are ready to wear the next day.
- Follow the specific lens cleaning and storage guidelines and instructions we have provided which also may be found on the recommended solution package.

***I have read all of the information contained in the Contact Lens Wearing Agreement and understand the importance of these instructions as a contact lens wearer and agree to comply.***

**Patient:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent:** \_\_\_\_\_