

Contact Lens Check List

Contact lenses are a medical device and need to be worn in compliance with your doctor's instructions. Not caring for your lenses can lead to a variety of problems, including some infections that can cause blindness. You should always maintain glasses to wear in the event you can not wear your contacts.

For _____

1. Always wash your hands before handling your contact lenses. (before removing from your eyes or removing from the case)

2. Clean your lenses daily and **NEVER** re-use your cleaning solutions. New solution needs to be used each time you clean or soak your lenses. Do not use saline or water to clean or soak lenses. The case should be rinsed with hot water and left to air dry with the covers off when not holding your lenses. You should replace your case monthly.

Your cleaning solution is **OPTIFREE BIOTRUE CLEARCARE OTHER**

3. Contact lenses need to be worn and replaced on the schedule recommended by your doctor.

Your lenses should be replaced

_____ daily
every _____ week(s)
every _____ month(s)

4. Only contact lenses specifically made for extended wear should be worn while sleeping.

Your lenses should be used as

_____ only daily wear (**NEVER** slept in)
_____ extended wear up to _____ nights

5. If your eye(s) become red, sensitive to light, or painful at any time you **MUST** remove your contact lens and call the office (564-2709) to be seen.

6. Your contact lenses need to be evaluated yearly. The evaluation includes checking the fit and evaluating the health of your eyes. Also included is a review of the schedule for wear and cleaning. The cost for this is \$30 and is usually not covered by insurance. If you are a new contact lens wearer or a new patient, the initial fee for fitting contacts is usually \$75.

Review by _____

I Have Received a Copy of Checklist:

Patient Signature _____

Guardian Signature _____

Date _____