

STAMFORD OPHTHALMOLOGY CONTACT LENS POLICY

Congratulations on your contact lenses. We are dedicated to helping you achieve the best possible vision in a safe and comfortable manner. Please be aware that this commitment should not be taken lightly because there are serious problems which can occur from contact lens wear if the appropriate guidelines are not followed. Contact lenses are a medical device which require continuing care and evaluation for long-term success.

Contact Lens Evaluation Fee

There is a separate fee for the contact lens evaluation which is in addition to the routine eye care examination charge. This fee must be paid at the time of the contact lens evaluation. This fee includes the initial contact lens fitting as well as 30 days of follow-up which will allow the doctor to fine-tune the prescription, if necessary. Once the fitting process starts, if you decide not to wear contact lenses, this fee is NON-REFUNDABLE. This fee does not include the price of the contact lenses. Once the fitting process is over and the doctor has finalized your prescription, that is the time you will purchase the actual lenses.

Previous Contact Lens Wearers

If you already wear contact lenses and there is no indication to change the lens type or fit, there will be a nominal charge of (\$40 or \$50 depending on the lens type) for the doctor to evaluate the lenses, change the power if needed, and renew the contact lens prescription. This charge is over and above the routine eye examination charge. If you decide not to pay this charge, we will be unable to renew your contact lens prescription. If you need to be refitted into another lens type (i.e. to correct for astigmatism or dry eyes or if you are fit with bifocal contacts), the fee is higher - usually around \$125 or \$150.

Prescription Expiration

All contact lens prescriptions are considered expired 12 months following the LAST FULL EXAM. We consider it good preventive medicine to examine the eyes of contact lens wearers at least once a year. We ask for your cooperation in this matter. Neither the Doctor nor any employee of Stamford Ophthalmology will make exceptions to this rule.

General Rules for Care and Handling

Always wash your hands before handling your lenses. Work over a flat counter with a clean towel. Take the right lens out of its blister pack, check it for gross deformities and to see that it is not inverted and insert it in the right eye. Do the same with the left lens. When inserted, the lenses should feel comfortable right away. If you experience unusual discomfort, remove the lens, rinse it with saline solution, check to see that it is right side up and reinsert it.

Use only the particular solutions the doctor prescribed. Do not switch brands or interchange solutions on your own. Many times, the various components of a cleaning regimen are dependent on each other. Therefore, changing one solution can render the entire process useless.

Whether your lenses are RGP's, conventional soft lenses, or disposable contacts, remove the lenses nightly. Clinical studies have shown it to be much healthier for your eyes if you give them a couple of hours at the end of the day with no contact lens wear. We do not recommend that you sleep in your contact lenses for any length of time!

Emergency Instructions

Do not wear lenses if your eyes become red or if a lens feels uncomfortable. Redness, pain, discharge out of the eyes, blurred vision, or severe itchiness can all be signs of a serious problem. If you experience any of these symptoms, you should take the contact lenses out and call the office as soon as possible. A red, painful eye is an ocular emergency and needs to be seen without delay. The 24-HOUR EMERGENCY NUMBER for Stamford Ophthalmology is (203) 327-5808.