

## Contact Lens Guidelines

During the exam for contact lenses, Dr. Chapman will evaluate your eyes for any eye health issues that could cause problems with contact lens wear. This is also the best opportunity to talk with him regarding your lifestyle and preferences regarding contact lenses, as there are many types to choose from:

- daily contact lenses, in which you wear a brand-new pair each day, which is safer, more convenient & more comfortable
- two-week and monthly contact lenses, some of which are FDA-approved to sleep in (termed “extended-wear”)
- color contact lenses to change your eye color, which come in both dailies and monthlies
- transition contact lenses which will turn into shades as you go outside, like transition lenses in glasses
- multifocal and monovision contact lenses for those who wear bifocal/trifocal/progressive glasses

Dr. Chapman will then choose a contact lens trial pair(s) based on your discussion with him in the exam room for you to learn to insert and remove with our staff. If you feel that you are interested in trying a different type of contact lens than what you received at your exam, call us and we will let you try a different contact lens type – it’s free of charge as long as it’s within 60 days of your exam date. If you wait over 60 days from the date of the exam to finalize your contact lens prescription, there are added charges.

Our trained and experienced staff will teach you how to safely place a contact lens on the eye and remove the contact lens from your eye. Unless otherwise indicated to you, the contact lenses that you train with in the office today are likely the contact lens trials that Dr. Chapman has recommended for you to order when it’s appropriate (1 -2 weeks from today). As long as we can see that you can safely insert and remove the contact lenses, we will let you wear the contact lenses out of the office like a new pair of shoes! You are going to test drive those contact lenses for 1 to 2 weeks and then call us. Call us and let us know if you either:

- like the contact lens trials & want to order a supply over the phone, or
  - for using the patient portal, *MARLO*, call us to initiate the first order and subsequent orders are completed via text message
- like the contact lens trials but want to try a different type/brand/style of contact lenses, or
- do not like the contact lens trials. If you do not like your contact lenses, let our staff know why or what challenges you are experiencing with the contact lenses so our staff and doctor can more effectively evaluate what changes to pursue, whether that’s trying a new contact lens brand or increasing/decreasing the prescription, or scheduling a contact lens follow-up appointment (no charge for the appointment, it’s covered in your contact lens eval fee, unless it’s after 60 days).

The 1-2 week trial period is to allow your eyes to adjust to a contact lens sitting on them. In the first few days, it’s not uncommon to have some mild dryness, redness, or discomfort. In a few days and gradually over a few weeks, the nerves on the cornea (the layer of the eye that the contact lens sits on) become desensitized to the contact lens, allowing for better comfort. However, if you experience a red, painful eye, remove the contact lens immediately and call our office.

If you are in an extended-wear contact lens, the FDA has approved you to sleep in the contact lenses 6 nights out of the week for each of the four weeks you wear the contact lenses. After the month of wear, you will throw away that pair of contact lenses and put in a brand-new pair. We recommend that even if you are in an FDA-approved extended-wear monthly contact lens that you try to not sleep in the contact lenses to further protect your eyes from any eye infections. However, if it’s your first time trying contact lenses and you are having trouble taking them out of your eyes the first few nights before bed, just sleep in the contact lenses and keep trying. It’s like learning how to ride a bike – you can’t get worse at this, you can only get better!

Even if you like your contact lenses, it’s important to continue seeing us yearly for your comprehensive eye exams to check the health of your eyes and confirm your eyes are tolerating the contact lenses and showing no signs of ill effects from the contact lenses. We’ll send you a card in the mail as a reminder for you to call us to set up your yearly eye exam.

### Tips:

- **Wash and dry your hands** before handling your contact lenses.
- **Carefully and regularly clean** contact lenses. Rub the contact lenses with your fingertips (not fingernails) and rinse them thoroughly with multipurpose solution before soaking the lenses overnight in multipurpose solution that completely covers each lens. Fill the lens wells with new solution, do not reuse existing solution. Also, we strongly recommend not squirting contact lens multipurpose solution directly into the eye, as it is filled with preservatives which can irritate the eye.
  - If you are given or recommended the hydrogen peroxide based solution, *ClearCare*, never place the solution directly in the eye, never use a typical contact lens case (you can only use the cartridge that comes with the solution), and wait the full 6 hours of submersion before putting the contact lens on your eye.
- **Store lenses in the proper lens storage case**, and replace the case at least every three months. Clean the case after each use, and keep it open and dry between cleanings. **Do not use tap water** when rinsing or storing contact lenses.
- **Always follow the recommended contact lens replacement schedule**, whether it’s a two-week or monthly contact lens.
- **Remove contact lenses** before swimming or entering a hot tub.