

# Annual Contact Lens Evaluation and Fitting

The Centers for Disease Control and Prevention (CDC) makes clear, “Contact lenses can provide many benefits, but they are not risk-free—especially if contact lens wearers don’t practice healthy habits and take care of their contact lenses and supplies. If patients seek care quickly, most complications can be easily treated by an eye doctor. However, more serious infections can cause pain and even permanent vision loss, depending on the cause and how long the patient waits to seek treatment.”

The Food and Drug Administration (FDA) agrees, “You cannot determine the seriousness of a problem that develops when you are wearing contact lenses. You have to get help from an eye care professional to determine your problem.”

The CDC and FDA recommend the following for contact lens wearers:

- See your eye doctor at least once a year.
- Take out your contacts and call your eye doctor if you have eye pain, discomfort, redness, or blurry vision. Untreated eye infections can lead to eye damage or even blindness.
- Do not sleep in your contact lenses unless prescribed by your eye doctor as it carries a 6-8x greater risk of infection.
- Replace your contact lenses as often as prescribed by your eye doctor.
- Keep contact lenses away from ALL water.
- Properly clean your contact lenses AND case.
- Carry a pair of glasses with you in case you have to take your contacts out.

The Food and Drug Administration (FDA) indicates:

- “To be sure that your eyes remain healthy you should not order lenses with a prescription that has expired or stock up on lenses right before the prescription is about to expire. It’s safer to be re-checked by your eye care professional.”

Symptoms of Eye Infection include:

- Irritated, red eyes
- Worsening pain in or around the eyes—even after contact lens removal
- Light sensitivity
- Sudden blurry or worsening vision
- Unusually watery eyes or discharge
- swelling

**Contact Lens Fit & Evaluation Fees** depend on the complexity and risks of the contacts used and do not include routine exam and refraction fees, medical exam fees for conditions resulting from contact lenses, or annual supply of contact lenses. Our fees do include follow ups to adjust the fit and vision of the contact lenses for a period of 60 days:

<b>Standard Soft Lens Evaluation/Fit</b> (Spherical) . . . . .	<b>\$70</b>
<b>Superior Soft Lens Evaluation/Fit</b> (Toric, Multifocal/Monovision, Extended wear) . . .	<b>\$105</b>
<b>Medical/Rigid Lens Evaluation/Fit</b> (CRT, Post Surgical, Keratoconus). . . . .	<b>\$225</b>

*Note:* Follow-up visits and diagnostic lenses may not be included in some Medical/Rigid Lens Fits and additional testing may be necessary

Once an acceptable lens is determined a contact lens prescription will be finalized by your doctor and a copy provided to you. Contact lens prescriptions are valid for 1 year unless there is a specific medical concern.

I elect to receive my final prescription in the following manner:

\_\_\_\_\_ Printed Physical Copy  
\_\_\_\_\_ Digital Emailed Copy. Email: \_\_\_\_\_

By signing below you acknowledge to understand the above policies regarding wearing contact lenses and agree to pay appropriate fees for services rendered.

Patient/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

<sup>1</sup> <https://www.cdc.gov/contactlenses/germs-infections.html>

<sup>2</sup> <https://www.cdc.gov/contactlenses/protect-your-eyes.html>

<sup>3</sup> <https://www.cdc.gov/contactlenses/show-me-the-science.html>

<sup>4</sup> <https://www.fda.gov/medical-devices/contact-lenses/contact-lens-risks>

<sup>5</sup> <https://www.fda.gov/medical-devices/contact-lenses/buying-contact-lenses>

<sup>6</sup> <https://www.fda.gov/medical-devices/contact-lenses/everyday-eye-care>