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Lens Care Instruction:

Your contact lenses are prescription devices with a limited lifespan. Proper care is necessary for a successful wear and good eye health. Please follow instructions carefully.

- *After completing the "beginning wearing schedule" you should remove your contacts daily.
- *Replace contact lenses every 14 days.
- *Before inserting new lenses, allow your eyes to rest without any contacts overnight.
- *Clean and disinfect your lenses with BIOTRUE/OPTIFREE lens solution.
- *Do not sleep or nap in your contact lenses.
- *Never use water on your lenses. Do not put contacts in your mouth.
- *Do NOT shower, swim, or bathe in your lenses. Do not use contacts in hot tub.
- *Always carry your contact lens case and glasses with you when wearing lenses.

BEGINNING WEARING SCHEDULE:

Day	#Hours	*Despite your current
1	4	contact lens labeling
2	5	instructions, rub your
3	6	lenses for 60 seconds
4	7	on each side with your
5	8	multipurpose solution.
6	9	There is no more "no
7		rub" contact lens care.

Next appointment: as discussed during the exam

In the beginning it is
NORMAL IF:

1. Your eyes itch or feel funny.
2. One lens is more noticeable than the other.
3. Vision is fuzzier than with glasses
4. Vision is better in one eye than the other eye.

REMOVE contacts and call if:

1. You develop redness or pain.
2. You develop cloudy or foggy vision
3. You experience a change or decrease in vision that won't clear up.
4. You suspect something is wrong.

- *Always wash your hands before handling your contacts or touching your eyes.
- *Replace your contact lens case every 2 months.

*use cleaning products recommended by Dr. Field to clean and disinfect your lenses. Saline and re-wetting drops are not designed to disinfect your lenses. Generic contact lens solutions are not recommended because they may consist of an older formulation and may not properly disinfect your lenses.

NOTE How well your eyes adapt to your lenses is a key factor in determining wearing time. Do not exceed the wearing schedule we have prescribed for you. At the end of your wearing cycle, remove the lenses from both eyes, and throw them away.

*These brands have been specifically prescribed for your eyes. Since contacts vary significantly from one manufacturer to another, do not change or substitute solutions unless you check with us first. Use of improper products may result in damage or eye irritation.

*Remember, like any prescription device, contact lenses must be monitored on a regular basis. Professional follow-up care is the most important element in successful long term wear. Please keep your scheduled appointments.

*Be sure to wash your hands at least 20 seconds with soap and water and completely dry them before handling your contacts. Do not touch your face

*Discontinue contact lens wear if you have flu like symptoms.

I acknowledge that I have received and understand the above instructions on the care and handling of disposable and frequent replacement contact lenses. I have been informed of the necessity for periodic examinations to monitor the eye health and condition of my contacts. I also understand that professional fees are not refundable. It is my understanding that improper use and inadequate care of my contact lenses can cause possible irritation, infection and corneal injury. I acknowledge that all of my questions regarding my contacts, wearing schedule and care have been answered.

Signature_____ Date_____