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Lens Care and Instruction:

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

*After completing the beginning wear schedule" you should remove your contact lenses every day.

*Replace contact lenses every 30 days.

*Before inserting new lenses, allow your contact lenses to rest without any lenses overnight.

*Clean and disinfect your lenses with BIOTRUE/OPTIFREE contact lens solution.

*Do not sleep or nap with your lenses on.

*Never use water on your lenses. Do not put contacts in your mouth.

*DO NOT shower, bathe or swim with your contact lenses. Do not use contacts in a hot tub.

*Always carry your contact lens case and glasses when wearing your lenses.

Beginning Wearing Schedule: (For first time wearers)

Day 1	4 hours	
Day 2	5 hours	**Despite current contact lens solution labeling instructions, be sure to rub your contact lenses for one minute on each side with your multipurpose solution or daily cleaner.
Day 3	6 hours	
Day 4	7 Hours	
Day 5	8 hours	
Day 6	9 hours	
Day 7	10 hours	

NEXT APPOINTMENT: as discussed during your eye 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.

Remove contact lenses and call if:

1. You develop redness or pain.
2. You develop foggy or cloudy vision.
3. you experience a change or decrease in your vision that does not clear up.
4. You suspect something is wrong.

*Always wash your hands before handling your contacts or 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 older formulations 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, take the lenses out of your eyes and discard them.

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

*Remember to wash your hands for 20 seconds with soap and water and dry them before handling your contact lenses. Do not touch your face.

*If you have flu-like symptoms, remove your contact lenses until you feel better.

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

I acknowledge that I have received and understand the above instructions on care and handling of disposable and frequent replacement contact lenses. I have also been informed of the necessity for periodic examinations to monitor my eye health and the condition of my contact lenses. 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 eye irritation, eye infections and corneal injury. I acknowledge that all of my questions regarding the contacts, wearing schedule and care have been answered.

Signature _____

Date_____