

## CONTACT LENS INFORMATION GUIDE

Congratulations on your interest to wear contact lenses! Elander Eye Care provides exceptional professional contact lens services. If you are interested in wearing contact lenses, we can discuss your options with you. Our recommendations are individually tailored to each patient and are based on many factors including your glasses prescription, visual needs, overall health and eye health.

**Comprehensive Eye Examination** Most patients have good eye health for safe contact lens wear. However, a comprehensive exam (within the past two months) is needed where the ocular health and focusing abilities of the eyes have been evaluated in order to prescribe the best contact lenses for you. At this exam, you may receive a glasses prescription which will serve as a starting point for your doctor to prescribe contact lenses.

**Contact Lens Evaluation/Fitting/ Training/ Follow-Up Visits** A contact lens visit is a separate part of a comprehensive eye examination and requires additional testing that people who do not wear contact lenses do not need to have. Patients wearing contact lenses require more of the doctor's time and expertise. An eye doctor must evaluate:

1. The health of the eyes paying closer attention to the cornea, eyelids, and conjunctiva
2. Determine the proper contact lens prescription based on each individual patient's glasses prescription, vision needs, corneal health and curvature of the eyes.
3. Examine the contact lens on the eye to ensure proper alignment with the cornea and the eyelids.
4. Measure the vision with the contact lenses on the eye and make adjustments in follow-up visits.

If you are new to wearing contact lenses, you will have an initial evaluation, fitting and training on the care and use of contact lenses. Most patients receive a trial pair on their first visit to take home. If your prescription is more specialized, either diagnostics lenses will be ordered or several lenses will be evaluated on the eye for optimal vision, fit and comfort before an order is placed. After your initial pair of lenses, your doctor will have you return for a follow-up visit to ensure good eye health and that your lenses are performing optimally for daily use. Specialized prescriptions may require more follow-up visits. Please arrive to your follow-up visits wearing the contact lenses for a minimum of two hours. You can order contact lenses after your follow-up visits have been completed and thereafter, continue with your annual eye examination to keep your contact lens prescription current.

**Contact Lens Prescription** Contact lenses are FDA Class II medical devices that can only be dispensed by a prescription. This applies to contact lenses that help you see better or simply worn to change the color of your eyes. They must be regarded with the same caution you would use for prescription drugs, which include prescription expiration dates and follow-up visits with your eye doctor.

A contact lens prescription is different and separate from a glasses prescription. Since contact lenses touch the eye, the numbers may be different due to optical mathematics. Your eyes go through gradual changes in size, shape and physiological requirements (such as for oxygen) while wearing contact lenses. These changes can affect the health of the cornea and need to be monitored on a regular basis. For these reasons, contact lens prescriptions expire after one year (or sooner if the doctor determines a medical reason for a shorter expiration date).

**Is that all?!** As you can see, there is a lot that goes into a complete contact lens evaluation or fitting. Because the long-term health of your eyes is our primary concern, we wanted to show you exactly what is involved.

We look forward to continually providing you the highest level of contact lens services, and the highest-quality contact lens materials to help you maintain clear, healthy vision throughout your lifetime.