

Optometry Eye Center

1213 E. Trinity Mills Rd. Suite#100 Carrollton, Texas 75006

Tel: 214.483.3020 Fax: 214.483.3028

www.OptometryEyeCenter.com

Dr: Hamid Hashemi

Therapeutic Optometrist/ Optometric Glaucoma Specialist

Proper contact lens care is necessary. Attention to the following details is essential for successful wear, good eye health, and normal lens life. You will require products to clean, disinfect, and store your contact lenses.

If your lenses does not feel comfortable, or you do not see well, **TAKE OUT YOUR LENSES AND CONTACT OUR OFFICE.** Also remove your lenses if:

- 1. YOU DEVELOP UNUSUAL PAIN OR REDNESS.**
- 2. YOU DEVELOP UNUSUAL CLOUDY OR FOGGY VISION.**
- 3. YOU SUSPECT SOMETHING IS WRONG.**

When first wearing your lenses, you may notice:

1. Your lenses itch or a different feeling.
2. One lens is more noticeable than the other.
3. Your vision seems fuzzier than with glasses.
4. One eye sees better than the other.
5. You have trouble handling your lenses.

If you sleep in any contact lens, this will increase your chance of developing ***Ulcerative Keratitis***, which could lead to blindness. Recommended maximum wear time for extended wear contact lens is SEVEN (7) days, and recommended maximum wear time for daily wear is EIGHT to TEN (8-10) HOURS per day.

Suggested wearing schedule for new wearers is **TWO (2) Hours** the first day, adding **ONE (1) Hours** each day thereafter, but not more than **SIX (6) Hours** a day. It is also recommended you have a pair of backup glasses in case of emergency.

Professional follow-up is the most important element in successful long term lens wear. Your first follow-up will be scheduled within **ONE (1) Week** from your contact lens fitting date. If follow-up visits are made after **THIRTY (30) Days**, **A CORNEAL HEALTH CHECK IS REQUIRED** and an additional office fee of **\$30.00** will be charged.

Successful contact lens wear requires a several week period of adaptation and observation. Once the fit of your lenses has been assured, a copy of your contact lens prescription will be provided to you.

PLEASE HAVE YOUR CONTACT LENSES ON 2 HOURS PRIOR TO YOUR ONE WEEK FOLLOW-UP VISIT.

It is my understanding that contact lenses have a limited useful life span and I risk eye irritation, infection, and possible corneal injury if I exceed the wearing schedule prescribed by my optometrist.