

O'Byrne Eye Clinic

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Board Certified Ophthalmologists

1580 West Causeway Blvd, Mandeville, LA

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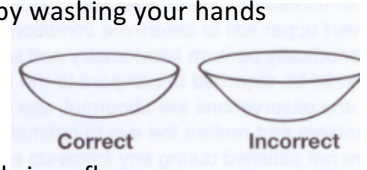
(985) 624-5573

1) Wash your hands

Good hygiene is essential for contact lens wearers; always begin all handling procedure by washing your hands first. Thoroughly wash, rinse and dry hands with a lint free towel.

2) Preparing for insertion of the contact lens

- Establish a routine and always start with the same contact lens
- Remove the lens from the case and place it upon your index finger to check for debris or flaws
- Check if the contact lens is right side out. The edges should "roll" up at the lens profile or will be bowl shaped. If the edges are slightly flared, the contact may be inside out.
- Rinse each lens well with a steady stream of rinsing solution immediately prior to insertion. Pay particular attention to the inner surface of the lens which contacts the eye.



3) Contact lens insertion

- Make sure that your fingers are clean and dry. (Soft lenses tend to stick to wet fingers)
- Place lens on the tip of your index finger.
- Using the middle finger of your other hand, pull and hold your upper lid so you do not blink.
- Pull down your lower eyelid using the middle finger of your inserting hand.
- Place the lens gently on the lower white part of your eye and look down into the contact lens.
- Blink gently and make certain that the lens is centered properly and that your vision is good.
- Sometimes, small dust particles trapped behind the lens during its placement can cause discomfort. Lens may also sting or cause sharp pain. If so, take the lens out immediately.

4) Inserting rewetting drops

Your lubricating drops can be used at any time while the lenses are being worn. They will make your lenses more comfortable when the eyes are feeling dry, irritated or tired.

5) Removing the contact lens

- Wash and dry your hands
- While looking up, pull down your lower eyelid with the middle finger of your inserting hand.
- Bring your index finger close to your eye until you touch the lower ledge of the lens.
- Slide the lens down to the lower white part of your eye.
- Gently squeeze the lens between your thumb and index finger and remove it from your eye.

6) Clean lenses and case daily

- Clean your lenses daily.
- Fill your case with fresh disinfecting solution and leave the lenses to soak overnight as directed.

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We appreciate your choice of our office for your eye care needs. Contact lens wear can improve the quality of your life; however, you must take proper care of your lenses and know what to do in the event of a problem. This sheet provides important instructions and information. Please read it completely and refer to it if you have any questions.

* If your eyes become **RED, IRRITATED, PAINFUL, or if VISION WORSENS WHILE WEARING LENSES**, immediately remove the lenses and call our office for assistance.

* Periodic examinations are a necessary part of maintaining an appropriate and safe contact lens fit. You should return for all scheduled periodic examinations as recommended by this office.

* Different types of lenses have varied risks. Although the risks associated with contact lens wear are small, they are still real. For example: lenses worn over night have a higher risk of complications than lenses removed on a nightly basis.

* Methods available to correct your vision may include: soft lenses, rigid lenses, spectacles, and refractive surgery.

* In order to maximize your success, we recommend an up-to-date pair of eyeglasses and sunglasses for outdoors.

LENS WEAR SCHEDULES AND REPLACEMENT INFORMATION

Contact lenses are medical devices that are regulated by the U.S. Food & Drug Administration. As with prescription medications, contact lenses can only be dispensed with a prescription given from an eye doctor.

* Your lenses are designed to be worn (kept on the eye) on the following schedule:

_____ Daily wear, up to _____ hours with removal before sleeping

_____ Continuous wear up to _____ nights

* Your lenses are designed to be replaced (thrown out) on the following basis:

_____ Daily _____ Week(s) _____ Month(s) _____ Yearly

IMPORTANT: Wearing your lenses beyond this schedule may expose you to additional risks.

LENS CARE:

- To a large extent, lens wear success will depend on carefully following the care instructions we've reviewed and following common-sense instructions concerning hand-washing prior to lens handling, lens case cleaning, and frequent replacement.
- To best meet your needs, we have recommended the following lens care product(s):

_____ Multi-purpose Solution _____ other: _____

IMPORTANT: Always care for your contact lenses as instructed. Do not change care products unless you are specifically instructed to do so by our office. Different products are not equivalent – Please **DO NOT** substitute.

Recommendations for Contact Lens Wearers from the American Optometric Association

1. Always wash your hands before handling contact lenses
2. Carefully and regularly clean contact lenses as directed by your optometrist. Rub the contact lenses with fingers and rinse thoroughly before soaking lenses overnight in sufficient multi-purpose solution to completely cover the lens.
3. Store lenses in the proper lens storage case and replace the case at a minimum of every 3 months. Clean the case after each use and keep it open to dry in between cleanings
4. Use only products recommended by your optometrist to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect lenses.
5. Only fresh solution should be used to clean and store contact lenses. Never re-use old solution. Contact lens solution must be changed according to the manufactures recommendations, even if the lenses are not used daily.
6. Always follow the recommended contact lens replacement schedule prescribed by your optometrist.
7. Remove contact lenses before swimming or going into a hot tub.
8. See your optometrist for your regularly scheduled contact lens and eye examinations.

CONTACT LENS PRESCRIPTION

Successful contact lens wear requires a period of adaptation and observing. Once the fitting of your lenses has been assured, your prescription will have an expiration date not exceeding 12 months as required by state law, at which time we will need to see you for an examination to assess the health of your eyes.

ACKNOWLEDGMENT

I have read this document carefully, and fully understand the importance of the doctor's recommendations. I understand the policies of this office and understand the importance of following all directions, caring for my lenses as instructed and returning for recommended, periodic examinations. I have been given the opportunity to have all of my questions answered and concerns addressed.

PRINT Patient Name

Patient Signature

/ /
Date

Doctor/Assistant Signature

O'BYRNE EYE CLINIC

CONTACT LENS EXAM & FITTING FEES

Below are **OUR OFFICE CONTACT LENS FEES.**

Your fees are determined by the physician and due at the time of the exam.

Exam & fitting fees are ***NON-REFUNDABLE***.

****Fees do *NOT* include the price of the contact lenses.****

CONTACT LENS EXAM FEE FOR RETURNING CONTACT LENS WEARERS:

\$60.00

SPHERICAL – TORIC – BIFOCAL – RGP – KERATOCONUS

FITTING FEE FOR NEW CONTACT LENS WEARERS:

REGULAR (SOFT LENS) FITTING FEE: \$100.00

RGP (HARD LENS) FITTING FEE: \$150.00

KERATOCONUS FITTING FEE: \$200.00

Notice:

A **\$60.00** fitting fee covers up to two months of follow-up care. Follow-up care is vital to determine the fit of the lens and to protect the health of your eyes. You must have the follow-up care in order to purchase contact lenses.

The price of lenses will vary depending on the type and prescription. Some types of contacts are not available in complimentary trials such as gas perms, planned replacement and daily soft lenses. These lenses must be purchased. Most disposable contacts are available in complimentary trials. Contacts must also be paid for in full at the time of dispensing. Changes can be made within the first two months of your initial appointment. If you feel as if contacts are not for you within the first two months, we will credit your account as long as gas perm contacts are returned in good condition or if soft lens boxes are neither expired nor opened.

THE FITTING FEE WILL NOT BE REFUNDED OR CREDITED.

Fairness to Contact Lens Consumers Act: This act went into effect February 4, 2004. As stated by this act, you are entitled to a copy of your contact lens prescription once the prescription is finalized by the examining doctor. Receiving a trial lens **IS NOT** a finalized prescription. A finalized prescription is determined at the follow-up appointment after you have been seen wearing the trial lenses. Contact lens prescriptions are valid for **ONE YEAR**, per Louisiana state law.

I have read and understand the above information and agree to the terms set forth in this agreement. I also acknowledge that I have had all of my questions answered.

Signature of patient or legal guardian

Date

Here are some common questions frequently asked by our patients. Please read the following to gain a better understanding of our policies.

Q) Why isn't the contact lens exam covered as a part of my routine eye exam? ***

A) The contact lens exam is a special exam in addition to your routine eye exam, which ensures proper fit of your contacts as well as evaluates your vision with the contacts. Depending on your specific needs, a doctor will provide training and education based on the type of service provided for your individual eye health.

Q) What is covered in the contact lens fitting fee?

A) Training on the proper care of lenses (for new patients) , diagnostic contact lens trials (if necessary), sample of contact lens solution (if needed) and evaluation by the doctor or NCLE board certified staff members of the fit and vision provided by the contact lens at a follow-up appointment. Multiple visits to the office to achieve a more complex fit are covered, as well as subsequent eye health monitoring.

Q) Do I need to pay this fee each year?

A) Yes. A yearly fee is required if you are interested in getting a contact prescription.

Q) How much do the contact lens fittings cost?

A) The fees are determined by the complexity of the fit and also whether the patient has previously worn contact lenses. A more complex fitting requires more time with the doctor, as well as potentially more follow-up appointments to determine the appropriate prescription.

Q) How long is a contact lens prescription valid?

A) One year, unless determined by the doctor that the patient needs to return sooner, based on any health concerns.

Q) Do routine eye examinations include a contact lens fitting/prescription?

A) No. A routine eye examination provides the patient with a glasses prescription. A separate contact lens fitting is required to determine the contact lens prescription.

Q) What are some of the risks associated with contact lenses?

A) One of the major risks associated with contact lens use are eye infections. Often, complications associated with contact lens use can be avoided with proper handling as well as an acceptable wear schedule. Because contact lenses are a medical device, proper care and use of the lenses is imperative for maintaining eye health. Please talk to your doctor if you have any questions about appropriate contact lens use and care or review our Contact Lens Care & Handling form.

Q) This is my first visit to your office; I've been wearing the same contacts for years and have never had any problems. I just need a contact lens prescription. Will this require an additional fee?

A) Yes. There still needs to be an evaluation of the contact lenses themselves with regard to the fit and vision provided with the current contact lenses. A contact lens prescription cannot be given without an evaluation. After this evaluation, if the doctor determines there do not need to be any changes made, a contact lens prescription may be released to the patient. If the doctor determines the fit or vision to be unacceptable then a new lens may be required to provide a better, healthier fit.

Q) Will my insurance cover my contact lens fitting?

A) This depends on your specific insurance plan. Many vision plans will cover either glasses OR contact lenses, not both. One of our staff members will be happy to inquire with your insurance company about your eligibility.

Q) How long does a contact lens fitting take? How long is a contact lens follow-up appointment?

A) If the contact lens fitting is performed on a day separate from the routine eye examination, typically about 15-20 minutes. This is for the doctor or NCLE board certified staff member to review information in the chart, determine a suitable diagnostic contact lens, and do a preliminary evaluation of the fit and vision obtained with a particular lens. Contact lens follow-up appointments typically last about 10 minutes, unless a change in the fit or power needs to be made.