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Contact Lens Consent Form

Benefits and Risks of Contact Lens Wear

Contact lens wear has many benefits versus eyeglasses including appearance, enhanced peripheral vision, and ease of wear during sports and in some cases better visual acuity. However, as with any other drug or device, contact lens wear is not without possible risks. Problems with contact lenses and care products could result in serious injury to the eye. The following are some of the possible problems that have been reported with the use of contact lenses: discomfort or feeling of something in the eye, corneal abrasion (a scraped area), eye infection, including corneal ulcer; stinging, burning, itching (irritation); excessive tearing; unusual eye secretions; redness of the eyes, blurred vision, sensitivity to light, dry eyes, corneal swelling. Eye problems including corneal ulcers can develop rapidly and lead to permanent loss of vision, including blindness.

Keeping your contacts lenses clean

Before handling contact lenses, wash and rinse hands. Use a mild non-cosmetic soap. Soaps with perfumes, oils, or lotions leave a film on the hands, which you may transfer to your lenses and cause eye irritation or blurred vision.

Dry hands with a clean, lint-free towel.

If you use hair spray, use it before you put in your contacts. It's also a good idea to keep your fingernails short and smooth to avoid damaging your lenses or scratching the eye.

After your contacts are in your eyes, put on makeup so you don't get any on your lenses. Take out contact lenses before you remove makeup for the same reason.

Different types of contact lenses require special care and certain types of products. Always use the disinfecting solution, eye drops, and enzymatic cleaners your eye care professional recommended. Some eye products or eye drops are not safe for contact lens wearers.

Never use tap water directly on lenses, and never put contact lenses in your mouth to "rinse" them. Microorganisms can live in even distilled water, causing infection or sight damage.

Clean each contact by rubbing it gently with your index finger in the palm of your other hand. Most multipurpose solutions don't have "No Rub" on their labels anymore. Lightly rubbing your contact removes surface buildup.

Clean your contact lens case every time you use it with either sterile solution or hot tap water. Let it air dry. Replace the contact lens storage case every three months.

Wearing your contact lenses safely

Each day, wear your contacts only as long as your eye care professional recommended.

If you think you'll have trouble remembering when to change your lenses, create a chart to track wearing schedule.

Never wear another person's contact lenses, especially if someone has already worn them. Using other people's

contact lenses can spread any infection or particles from their eyes to yours.

Do not sleep with contact lenses in your eyes unless you are prescribed "extended wear" contacts. Closed eyes don't allow tears to carry a healthy amount of oxygen to your eyes and increase your risk of developing eye infections and corneal ulcers.

Don't let the tip of solution bottles touch other surfaces, including fingers, eyes, or contact lenses. All of these can contaminate the solution.

To keep eyes lubricated, use a re-wetting solution or plain saline solution that your eye doctor has approved.

If you accidentally insert contacts inside out, it won't harm your eyes, but it will be uncomfortable. To avoid this, place a contact lens on the tip of your finger so that it forms a cup. Look at the contact lens from the side. If the cup looks like it is flaring out at the top and has a lip, the contact lens is inside out. If it looks like the letter "U", the contact lens is right side out.

If you develop any eye irritation, unusual redness or blurred vision remove your contact lenses and don't use them again until you talk with your eye care professional. Wearing a contaminated pair of lenses invites the infection to stay. When you get back to wearing contacts, closely follow your doctor's instructions to prevent eye infections.

Contact lens prescriptions are valid for one (1) year. Regular check-ups, as determined by the eye care practitioner, are extremely important. Contact lens prescriptions may be held from release if the patient is noncompliant with follow-up exams, wearing schedule or proper lens care. Since there are many variables to contact lens fitting, there is no guarantee that you will become a successful contact lens wearer. There is no way of foretelling how often or when your lenses will have to be refitted or replaced due to wear, improper handling, or changes in your prescription.

Wearing Schedule :

Daily Wear (___ hours/day)

Extended Wear (___ nights maximum continuous wear)

Lens Replacement Schedule:

Conventional (yearly) Planned: 1 2 3 month(s) Frequent: 1 2 week(s) Daily use disposables

Lens care system: Opti-Free Pure Moist Bio True Other_____

Next Appointment(s): ___One week ___Every 6 months ___Yearly Eye Exams

I have read and understand the instructions on the care and use of my contact lenses. I understand the risks associated with contact lens wear and request to be fitted for contact lenses.

Parent's/Guardian's signature: _____ Date:_____