

# Radiant Eyes Contact Lens Disclosure

At Radiant Eyes, we offer comprehensive contact lens services and strive to provide premium products to our patients. It is important to us that you are able to safely wear your contact lenses and maintain healthy eyes. Please review the information below about contact lens use and office policies.

## Policies

Contact lenses are ophthalmic devices that require the supervision of a licensed eye care provider. Yearly corneal and lens evaluation, by a licensed eye care provider, is required by law to obtain a valid prescription. Contact lens prescriptions are approved at the discretion of the optometrist after proper evaluation. Fitting and evaluation fees are determined based on the type of lenses prescribed and are not refundable.

**Follow-Up:** A contact lens follow-up may be required to finalize your prescription. You have 90 days from your examination to follow up and obtain a valid prescription. After 90 days, additional fitting fees will be applied, and re-examination will be required after 6 months. Contact lens prescription expiration dates are based on the original exam date.

**Prescription:** Radiant Eyes will provide a valid copy of your contact lens prescription once all necessary follow-ups are completed and the prescription is finalized.

## Proper Lens Care Instructions

- 1. Wash Your Hands:**  
Always wash your hands with soap and water before handling your contact lenses. Dry your hands with a clean, lint-free towel to prevent debris from transferring to your lenses.
- 2. Remove Lenses with Clean Hands:**  
Ensure your hands are clean and dry when removing your lenses. Avoid touching your lenses with dirty or wet hands, as this can introduce bacteria to your eyes.
- 3. Clean Lenses with Sterile Solution:**  
After removing your lenses, clean them using a sterile, **multipurpose** contact lens solution. Do not use tap water or saliva to clean your lenses, as these can introduce harmful bacteria.
- 4. Rub and Rinse Lenses:**  
Place the lens in the palm of your hand, apply a few drops of the solution, and gently rub the lens with your finger to remove any deposits and buildup. Then, rinse the lens thoroughly with fresh solution.
- 5. Proper Storage:**  
If using reusable lenses, store your contact lenses in a clean lens case with fresh contact lens solution. Do not reuse old solution, as it loses its ability to disinfect and may be contaminated after the lens has been cleaned.
- 6. Lens Case Care:**  
Rinse your lens case with sterile solution and allow it to air dry after each use. Replace your lens case every 1-3 months to reduce the risk of contamination.

## Acknowledgement

By signing this document, I acknowledge that I understand how to safely insert and remove contact lenses, the disposal schedule for my lenses, and the proper care and cleaning of my lenses. I understand that contact lenses are ophthalmic devices that require yearly monitoring by a licensed eye care professional, and that using them involves certain risks. If I experience any changes in vision or concerning symptoms, I understand that I should immediately remove and discard the lenses, and schedule an appointment with my eye care provider.

**Patient Name** \_\_\_\_\_

**Patient or Guardian Signature:** \_\_\_\_\_

**If you experience any of the following symptoms, remove and discard your contact lens immediately and call our office to schedule an urgent care visit.**

- Pain
- Redness
- Irritation
- Blurry/Hazy Vision
- Light sensitivity
- Other concerning symptoms or changes to vision

## Risks of Contact Lens Abuse

**Overnight Wear:** It is **never** recommended to sleep in your contact lenses. Sleeping in contact lenses, even if they are approved for overnight use, significantly increases the risk of infection and other complications, which can be vision threatening.

**Extending Wear Time:** It is **not** recommended to extend the wear of your contact lenses beyond their recommended disposal schedule. Once a contact lens is opened and removed from its sterile packaging, it begins to degrade. Through normal wear, bacteria, dirt, protein buildup, and fatty deposits accumulate on the lens, increasing the risk of infection and other complications.

## Approved Solutions

- **Multipurpose Solutions:** Opti-Free, BioTrue
- **Hydrogen Peroxide Solutions:** Clear Care
- **Rewetting Drops:** Blink for Contacts, Refresh Relieva for Contacts
- **Artificial Tears:** Preservative-Free Systane Hydration
- **RGP Lenses:** Boston Simplus, Boston Advance

### **\*\*Hydrogen Peroxide Solutions**

Hydrogen peroxide solutions are preservative-free and highly effective for disinfecting contact lenses. Lenses must be stored in the provided case for a minimum of 6 hours for the hydrogen peroxide solution to neutralize. Read the package insert for complete instructions.

**Note:** Sterile saline can be used to rinse lenses, particularly hard contact lenses, but it does not remove bacteria from lenses and should not be used for overnight storage. It is never recommended to expose contact lenses to tap water, including swimming, showering, or storing lenses in tap water. Contact lens solution can be used to rehydrate lenses during insertion and removal; however, if lenses feel dry throughout the day, use a contact lens-approved artificial tear or rewetting drop. Avoid eye drops that are not contact lens-approved or that contain preservatives, as preservatives can damage the lens and cause irritation.