

PRESCRIPTION GLASSES & OTC SUNGLASSES

We encourage all contact lens wearers to have current and comfortable glasses to wear for back-up. Keep your eye health and vision good by giving your eyes a break from contacts, and wear sunglasses outdoors.

WEARING SCHEDULES

Dailies- remove and dispose of after each use / insert am, throw away pm
2 Week Disposables – remove every night and clean / replace every 2 weeks
4 Week Replacement – remove every night and clean / replace every 30 days

CONTACT LENS MULTIPURPOSE SOLUTIONS

Many brands are labeled “no rub” however, we do recommend gently rubbing the lens with solution for 10 seconds to clean before storing overnight in solution. This provides better cleaning and disinfecting and removes surface debris. It is important not to top off solution – be sure to use fresh solution every night. For dailies, do not apply cleaning solution unless necessary (ex. dropped lens).

EYE DROPS

Preservative-free (PF) tears are the best type of lubricating and rewetting drop. Recommended Brands: Refresh Relieva PF, Systane PF, Oasis PF, Ivuzia PF

Bottled rewetting drops -be sure they are for use with contact lenses and are a quality brand (not generic). Be sure to check the expiration date. Recommended Brands: Refresh Relieva Contacts, Systane Ultra, TheraTears, Blink *Thicker gel drops for nighttime*- may be used at bedtime after contact lens removal. Recommended Brands: Celluvisc or Systane gel

Allergy eye drops may be used 15 minutes before inserting contact lenses or after removing lenses if you experience moderate to intense allergy related itching. Recommended Brands: Pataday or Lastacaft

NEVER apply Visine, ClearEyes, Lumify or other “get the red out” products while wearing contact lenses.

ALERT...

We do NOT recommend overnight wear of contact lenses due to risk of infection and due to risk of inflammation, redness, blurred vision, ulcers, and conjunctivitis. Even if wearing an FDA approved extended wear lens, your risk of infection, redness, dryness, and discomfort is increased with overnight wear.

Remove your lenses immediately if you experience pain, redness, mucous discharge, sensitivity to light, blurred vision, or any other unusual symptoms.

QUESTIONS? TEXT US **214-360-9951**



2026 CONTACT LENS GUIDE

NAME _____

DATE _____

CONTACT LENS INFORMATION

BRAND _____

POWER Right _____

Left _____

REPLACE	Daily	2 Weeks	4 Weeks
CLEAN	None	Biotrue	Opti-Free PureMoist
	Boston	ClearCare	Other

INSTRUCTIONS

____ CONFIRM YOUR CONTACTS
TEXT 214-360-9951

____ Schedule a teach visit

____ Return for a progress visit

____ Return 12 months for annual exam

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Contact Lenses Are Medical Devices Which Require Ongoing Care

THE CONTACT LENS EVALUATION IS A SERVICE DURING WHICH THE DOCTOR:

- Examines the health of the eyes, specifically the external surface such as the lids, conjunctiva and cornea
- Uses measurements from your examination to determine lens prescription and parameters
- Selects the most appropriate lenses for your eyes
- Evaluates the vision and fit of the lenses on the eye

THE CONTACT LENS EVALUATION ALSO INCLUDES:

- Contact lens related progress visits and necessary trial lenses for up to **60 days from the exam date**. After that time, charges for visits and additional lenses will apply.
- Complimentary 10 day supply of diagnostic lenses for in stock lenses, one starter kit, and lens case
- Free shipping on all annual supply contact lens orders

SERVICES

- All professional fees are due at the time of service
- ***Be sure to wear your new contact lenses to your follow-up visit***
- If you are trying new contacts, we ask that you text or email us to confirm once you have determined they are working well for you
- Once your confirm, we will place your full order
- Annual eye health exam and contact lens evaluations are necessary for all contact lens wearers
- A contact lens prescription is provided once an evaluation has been completed and a successful contact lens fit has been achieved
- Contact lens prescriptions are valid for 12 months

MATERIALS

- You may order your contact lens supply at our office or elsewhere
- We offer discounts and rebates on day of exam annual supply orders
- We collect payment in full at the time of order and ship direct to you
- There are no refunds for unclaimed orders and materials
- All disposable and mult-pack lenses and boxes are non-returnable
- Power or fit exchanges for RGPs are allowed within 60 days of the original order
- Need to order contacts? Ask for a text to pay link = fast & easy ordering

SCHEDULE your next exam online www.parkcitieseye.com

TO CONFIRM your new brand or power, Text 214-360-9951

FOR ALL CONTACT LENS WEARERS

DO...

- Wash hands before handling lenses
- Use only solutions recommended by the doctor
- Clean lenses after each wearing (except for dailies- just throw away!)
- Fill your case with fresh solution each night and empty each morning
- Keep your storage case clean and replace your case every 1-2 months
- Remove your lenses and call the office if you experience persistent discomfort or redness with lens wear
- Trim your fingernails to avoid damaging your lenses or your eyes
- Avoid using hairspray or hairdryers while wearing lenses
- Apply make-up *after* contact lens insertion
- Keep a current pair of glasses for back-up
- Wear good quality sunglasses outdoors for UV protection
- Use safety glasses for eye protection during hazardous activities or when playing sports
- Return for regular exams and follow-ups as directed by the doctor

CAUTION...

- DO NOT sleep or nap in your contact lenses
- DO NOT touch eyes or lenses unless you have washed your hands
- DO NOT wear contact lenses in swimming pools or hot tubs
- DO NOT use eye drops, other than rewetting drops, while wearing your lenses unless approved by the doctor
- DO NOT use Visine, Clear Eyes, or any “get the red out” products
- NEVER wet your lenses with saliva or tap water
- DO NOT over wear your lenses (too many hours per day)-redness, dryness, and irritation should signal you to remove your lenses
- DO NOT wear disposable or planned replacement lenses longer than the recommended replacement schedule- this increases risk of infection, irritation, and blurred vision
- NEVER insert or wear a lens that is torn, chipped, or damaged
- DO NOT rub your eyes while wearing your lenses, especially if you wear toric lenses
- AVOID generic solutions and generic rewetting drops
- AVOID driving at night while wearing monovision or multifocal contact lenses until well adjusted

FOR PATIENTS NEW TO CONTACT LENS WEAR

If you are new to contact lens wear, be aware that you may experience the following symptoms while you adapt:

- Difficulty handling the lenses
- Vision better in one eye than the other
- One lens more noticeable than the other
- Vision more blurry with contacts than with glasses
- Mild lens sensation, itching or dryness with lens wear