

CONTACT LENS CARE AND HANDLING

In the United States, Contact Lenses are considered medical devices, thus contacts can be legally purchased only with a valid written prescription. The Doctor at **BELLA VISION** has determined that you are a suitable candidate to wear contact lenses, and thus is recommending that you (the patient) have a one week contact lenses trial period. After one week of contact lens trial, the successful candidate will be given a contact lens prescription that is valid for next two years.

Contact lens brand recommended: _____

Base curve / Power / Diameter: _____ (Not a valid prescription.)

Type of wear: DAILY WEAR / FLEXWEAR / EXTENDED WEAR

Disposable frequency: _____

Initial wearing time: **4 Hrs + 2 Hrs/ day** (do not sleep in the lenses unless directed)

Contact lens solution recommended: Unless specified, **RENU** or **Complete** multi-purpose solution is given.
_____ Lubrication solution _____

How will I know if my contact lens is inside out? The trick is to place the lens on your finger so it's forming a cup, then hold it up directly in front of your eyes so you're looking at the side of the cup. If it's forming a "U" with the top edges flared out, it's inside out; if it's forming just a "U," it's correct. Don't worry if you place a contact lens in your eye inside out: it will probably feel uncomfortable, but it can't do any damage. Just take it out, flip it over and reinsert the contact lens on to you eye.



GENERAL SAFETY TIPS FOR CONTACT LENS

WEARERS

- Visit a reputable eyecare professional for a complete eye examination every 12 months or more frequently if directed by your eyecare professional.
- NEVER swap contact lens with another person.
- Don't wear lenses longer than prescribed, nor when sleeping unless otherwise directed.
- If eyes become red or irritated, remove the lenses immediately and consult your doctor. Don't try to brave the irritation.
- Replace contacts as recommended by your eyecare professional because they wear out over time. Throw away disposable lenses after recommended wearing period.
- Rewetting solution/ Comfort drops are used as a lubricant while wearing your lenses to increase comfort levels

CLEANING AND SOLUTIONS SAFETY TIPS

- CRD: Cleanse, Rinse, Disinfect your lenses after removal and before wearing them again. Enzyme cleaners and cleaning solutions alone can not substitute for disinfecting, although there are multipurpose products that can perform many of these functions if used as directed.
- Wash and rinse your hands before handling your lenses. A non-perfumed hand soap is recommended.
- Never use saliva on your lenses.
- Never use non-sterile homemade saline, distilled water or tap water for any part of your lens care regimen.
- Know your solution. Solutions cannot always be mixed. Use products recommended by your eyecare professional. Not all solutions can be used for all contact lenses.
- Solutions can become contaminated during use. Do not let the bottle tip touch any surface including your contact lenses.
- Clean, rinse and air-dry your lens case each time lenses are removed. Contact lens cases can be a source of bacterial growth.

Contact lens handling video seen / insertion and removal reviewed and contact lens care and handling reviewed on _____ by _____.

Contact lens follow-up scheduled for _____ @ _____.

If you have problems with your eyes while wearing the trial contact lenses then take the contact lenses out of your eyes then call this office at (425) 881-6655 (Redmond) or (425) 486-8074 (Bothell).

Patient Signature

Date

Bella Vision 01/06