

## Contact Lens Facts and Stats

So you want to wear contact lenses. Well, you're not alone. Let's take a quick look at who is wearing contact lenses today.

- Over 30 million Americans wear contact lenses
- Two-thirds of all contact lens wearers are female
- 10% are age 18 or under
- 15% are between the ages of 18-24
- 50% are 25 to 44 years old
- Most contact lens wearers are nearsighted
- 80% wear daily wear soft lenses
- Over 50% wear 1 to 2-week disposable lenses
- 15% wear extended wear soft lenses



**Danbury Eye Physicians & Surgeons, P.C.**  
**69 Sand Pit Road Danbury, CT 06810**  
**(203) 791-2020 Phone (203) 778-6238 Fax**



**Danbury Eye Physicians & Surgeons, PC**  
**69 Sand Pit Road, Danbury, CT 06810**  
**203-791-2020**

Bruce Altman, M.D. .... Glaucoma & Cataract  
 Armand Daccache, M.D. .... Retina & Vitreous  
 Ralph Falkenstein, M.D. .... Cataracts & Lens Implant  
 Archana P. Johar, M.D. .... Cornea & General  
 Margaret Marcone, O.D. .... Contact Lens & Pediatrics  
 Stephen Mathias, M.D. .... Pediatrics & Strabismus  
 Matthew Paul, M.D. .... Cataracts & Plastics  
 Paul Ruggiero, M.D. .... Cataracts & Lens Implant  
 Michelene Todd, O.D. .... Contact Lens and General  
 Katherine Zamecki, M.D. .... Oculoplastics  
 Stephen Zuckerman, M.D. .... Cornea & Refractive Surgery

# Contact Lenses

This pamphlet has been written to help people to better understand contact lenses. It describes the types of lenses, costs, risks, care and our office policy in regards to contact lenses.

## Definition

Contact lenses are thin, curved plastic disks designed to cover the cornea, the clear front covering of the eye. Contacts cling to the film of tears over the cornea because of surface tension, the same force that causes a drop of water to cling to the side of a glass. Contacts provide a safe and effective way to correct vision when used with care and proper supervision. They can offer a good alternative to eyeglasses, depending on your eyes and your lifestyle. Over 24 million people in the United States now wear contact lenses.



## Symptoms

Contact lenses are used to correct the same conditions that eyeglasses correct:

- Myopia (nearsightedness)
- Hyperopia (farsightedness)
- Astigmatism (distorted vision)
- Presbyopia (need for bifocals)

Special tinted contacts can be used to change the color of the eyes to various degrees. Contact lenses are sometimes used therapeutically in eye diseases where an uneven cornea blurs vision, such as keratoconus or scarring.

The health of your eyes should be your main concern. An eye doctor will help you decide whether contact lenses are right for you. Choose an eye care professional who is knowledgeable and experienced with contact lenses.

## Types of Contact Lenses

Many types of contact lenses are available. The type of contacts you use depends on your particular situation. Your eye doctor will be able to help you choose from the following types of lenses.

**PMMA lenses:** Rigid or "hard" contacts were the first lenses; they were developed in the 1960's. They are made of a type of plastic called PMMA (polymethylmethacrylate), which is very durable, but does not allow oxygen in the air to directly reach the cornea. When the eye blinks, the lens moves, which allows the oxygen



dissolved in the tears to reach the cornea. Rigid lenses are the least comfortable type of contacts and are not really used anymore. However, some people still prefer them for their durability and lower cost.

## How Do You Care For Them?

- Contact lenses must be properly cleaned and disinfected when you remove them to kill germs and prevent infections
- At the time you insert your contact lenses, you should thoroughly rinse the case with warm water and allow it to dry. All contact lens cases need frequent cleaning, including disposable lens cases.
- Do not put your lens in your mouth and then in your eye
- Do not use homemade cleaning solutions; they have been linked to serious eye infections
- Do not attempt to sterilize disposable lenses - throw them away
- Do not mix different brands of solutions

Any eye drops, even nonprescription ones, can interact with all types of contact lenses. Use the brand of solution prescribed by our doctor or check with the doctor before changing brands.



## Wear Your Lenses Properly

- Wash your hands with soap prior to handling contact lenses or touching your eye
- Do not share your lenses with someone else
- Do not take your lenses in and out repeatedly throughout the day
- Do not use fashion lenses (non-prescription color lenses) unless they are fitted by an optometrist or an ophthalmologist
- Do not purchase bootleg lenses
- Wear lenses on the schedule prescribed by your doctor
- Dispose of your lenses at the interval prescribed by your doctor

## Call Your Doctor When You Notice These Symptoms

- Your eye is painful
- Your eye is red for more than two days
- You have discharge from your eye
- You have blurry vision
- Your eye feels scratchy

## What Are the Risks?

PMMA lenses are more likely to scratch the cornea if the lens does not fit properly or if the lens is worn while sleeping. They are also more likely to slide off the cornea and become hidden under the lid. Rigid lenses traditionally had a reputation for "popping out" of the eye. New lens designs have minimized the chance of losing a contact even during vigorous exercise. Rigid gas-permeable lenses and soft extended-wear contacts are the most likely to have protein build-up and cause lens-related allergies. Protein build-up results in discomfort, blurring and intolerance to the lenses. You will need special cleaning solutions to dissolve the protein.

Daily-wear lenses should never be worn as extended-wear lenses. Misuse can lead to temporary and even permanent damage to the cornea. People who wear any type of lens overnight have a greater chance of developing infections of the cornea. These infections are often due to poor cleaning and lens care. Improper over wearing of contact lenses can result in intolerance, leading to the inability to wear contact lenses.

Rigid gas-permeable or disposable lenses may be good choices for someone with allergies.

## Who Should NOT Wear Contact Lenses?

Most people who need vision correction can wear contact lenses, but there are some exceptions. Some of the conditions that might keep you from wearing contact lenses are: frequent eye infections, severe allergies, dry eye (improper tear film), a work environment that is very dusty or dirty and inability to handle and care for the lenses properly.

## Are Contacts For You?

Whether or not contact lenses are a good choice for you depends on:

- individual needs and expectations
- patience and motivation during the initial adjustment period to contact lens wear.
- adhering to contact lens guidelines for wear, disinfecting and cleaning
- diagnosis and treatment of conditions that may prevent contact lens wear

**Gas-permeable lenses:** These lenses are also known as "RGPs." They are newer rigid or "hard" lenses made of plastics combined with other materials, such as silicone and fluoropolymers, which allow oxygen in the air to pass directly through the lens. For this reason, they are called "gas permeable."



**Soft contact lenses:** These lenses are made of plastic materials that incorporate water. The water makes them soft and flexible, as well as allowing oxygen to reach the cornea. More than 75% of contact lens wearers in the United States use soft lenses.

- Extended wear contact lenses: made of material designed to last 2-4 weeks.
- Daily disposable lenses: although generally more expensive, carry a lower infection risk.
- Toric contact lenses: correct moderate astigmatism. They are available in both rigid and soft materials.
- Multifocal contact lenses: correct presbyopia. They are available in both rigid and soft materials.
- Cosmetic contact lenses: change the color or appearance of your eye.

**Therapeutic contact lenses:** These lenses are specially designed to help treat or manage diseases of the cornea or patch one eye (treat double vision).

Generally, contacts should be removed at bedtime due to risk of infection and risk of contact lens intolerance.

## What is the Cost?

When comparing the price of contact lenses, it's important to consider what services are included. Does the fitting include a thorough eye examination and follow-up? Can you exchange lenses during the initial fitting, and is insurance for lost lenses available? If you need treatment for an eye condition not directly related to the contact lenses, such as inflamed eyelids or dry eyes, there may be additional charges.

### New Contact Lens Fitting Fees

Fitting fees are independent of an eye examination and will be charged separately. *Fitting fees do not include the price of the contact lenses.* Fitting fees include the following:

- Initial fitting of the lens
- Teaching session(s) for insertion and removal
- Teaching session for cleaning and care procedures
- Three months follow-up care for contact lens related problems only (including refitting, allergic or adverse reactions to the lens or solutions and additional sessions for teaching contact care).

Spherical Soft Lenses	\$ 200.00
Toric lenses and monovision spheres	\$ 250.00
Bifocal, custom toric, monovision toric	\$ 275.00
Rigid Gas Permeable	\$ 350.00

### Refitting Fees

\$50.00 off above fitting fees

Refitting fee includes three months follow-up care for the new lens and does not include an eye examination. Contact lens refitting includes moving from one brand or type of contact lens to another type of contact lens.

### Contact Lens Prescription

A prescription for contact lenses will be made available at the request of the patient once the contacts have been evaluated and found accurate and appropriate by a Danbury Eye Physicians & Surgeons doctor within the past year. A prescription will not be given if a lens has not been worn successfully for at least one month. A prescription will not be given if the physician does not know the specifications of the contact lens. Contact lens prescriptions can be guaranteed only if previously dispensed by the Danbury Eye Physicians & Surgeons Optical Department.

### Contact Lens Prices

**THE PRICE OF CONTACT LENSES IS NOT INCLUDED IN THE FITTING FEE.** Prices of lenses vary according to manufacturer and lens type. Lenses are available for purchase through the DEPS Optical Department. Contact Lenses must be paid in full prior to dispensing.

### Refunds and Guarantee

Except for custom fit contact lenses, there is a thirty day refund, minus a restocking fee of \$15 per lens. Refunds on custom fit lenses will be given by DEPS Optical Department based upon any given manufacturer's refund or rebate. All lenses must be **RETURNED IN ORIGINAL VIALS**. There will be no refunds for opened boxes of Disposable lenses. **NO REFUND WILL BE GIVEN ON THE FITTING FEE.**

Patient/Guardian  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Extended Wear Contact Lens Information and Policies

The FDA (Federal Drug Administration) has recently approved new contact lens materials for continuous wear. While these new materials have many advantages over the original extended wear lenses, the risk of infection (microbial keratitis) has traditionally been shown to be greater among users of extended wear contact lenses vs. daily wear lenses. Long-term risk of microbial keratitis has not been determined for these new contact lenses; post-marketing studies are in process. Other complications that can arise from the wearing of these lenses include: giant papillary conjunctivitis (a form of allergic reaction), corneal neovascularization (blood vessels growing into the cornea), and corneal micro-cyst formation.

Many of these conditions can develop rapidly and some may lead to permanent vision loss if not treated promptly. Frequent exams are imperative for safe use of these lenses. **Scheduled follow up care will be required for a valid contact lens prescription.** The schedule for these office visits will be: 24-48 hrs, 1 week, 2 weeks, 1 month, 3 months, **and every 6 months thereafter.**

### Extended Wear Contact Lens Fitting fee - \$250

Inclusive of all trial lenses and 3 month follow-up care  
(24-48 hr, 1 week, 2 week, 1 month, 3 month)

I, the undersigned, have been informed of the above, have had all my questions satisfactorily answered and understand the conditions relating to my choice to wear **30-Day** extended wear contact lenses.

Patient/Guardian  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_