



## New Century Ophthalmology Group, PLLC

Medical, Laser, and Surgical Eye Care

5720 Creedmoor Rd., Suite 101- 103, Raleigh, NC 27612  
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**Vinod K. Jindal, MD, FACS**  
Board Certified Ophthalmologist and  
Retina Specialist

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Optometric Physician

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**Informed consent for contact lens wearer:** \_\_\_\_\_

### Adverse reactions of contact lens wear

Contact lens wear has many benefits versus eyeglasses. However with any drug or device, contact lens wear is not without possible risks. Problems with contact lens and care products could result in serious injury to the eye. Clinical studies have shown that the risk of adverse reactions is significantly increased when the lenses are worn overnight. The following are adverse effects that have been reported with the use of contact lenses that makes the wear of lenses uncomfortable:

**Discomfort:** feeling of something in the eye, stinging, burning, itching, excessive tearing of the eye, unusual eye secretions, redness of the eyes, light sensitivity

**Vision changes:** decreased, foggy or cloudy vision

**Eye problems:** corneal abrasions, eye infections, keratitis, dry eye syndrome, corneal ulcers develop rapidly and can lead to permanent loss of vision, including blindness.

### What to do if an adverse reaction occurs

If any of the above adverse effects or other abnormal symptoms occurs, the risk of developing an ocular infection can be reduced by carefully following these directions: Immediately remove your lenses. If the lenses are in any way damaged, do not put the lenses back in the eye, dispose of lens and start with a new lens. If the lenses appear to be undamaged, thoroughly clean and disinfect the lenses or dispose the lenses then start with a new lens. As always, immediately call our office and speak with the doctor.

### Precautions: 'To Do or Not to Do'

The following precautions must be taken to prevent damage to the eyes or to the contact lenses:

To reduce the risk of contaminations always rinse your hands with a mild soap for at least 15 seconds and dry hands thoroughly before handling the lenses. Always use contact lenses solution that was recommended by your eye care professional. Take the time to rub your lenses for 20 seconds on each side before disinfecting them in the prescribed solution. **DO NOT** use saliva, tap water, or any other solutions to disinfect and/or store your lenses. Avoid getting water in the eye while bathing, showering, or engaging in water activities such as swim or use in hot tubs, saunas, etc. while wearing contact lenses. Also avoid tap water contamination of the lenses. These sources of moisture contain bacteria that can cause infection. Minimize contamination of lenses from cosmetics, lotions/creams, soaps, hair sprays, aerosol products, environmental fumes, smoke, dust, vapors, and windy conditions must be avoided. If sprays are used, keep eyes closed until the spray has settled. Keep in mind if applying eye makeup, insert contact lenses first, and then apply the eye makeup. Before removal of eye makeup, take off contact lenses then remove your eye makeup. Clean your case daily with fresh disinfecting solution then air dry. Boil cases for 10 minutes weekly, or replace case monthly. Contact lenses are meant to move freely on the eye, if the eyes and/or lens feels dry or 'stuck' to the eye apply a drop of lubrication and/or rewetting drops, wait until the lens begins to move freely before removing it. If lens continues to be adhered to the eye immediately consult our office. Do not sleep in lenses unless your doctor has prescribed an extended wear schedule.



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**Renewal of Contact Lenses**

Contact lens prescriptions are renewed at the yearly contact lens health examinations. Contact lens prescriptions may be withheld from the patient if the patient is noncompliant with follow up exams, wearing schedule or proper lens care. Please wear your contact lenses to yearly eye/contact lens appointment(s).

**Wearing schedule**

The wearing schedule will be determined by your doctor. Daily wear refers to wearing lenses less than 24 hours, are not for overnight wear and should not be worn while sleeping. Extended wear refers to wearing lenses for more than 24 hours and are approved to be worn overnight. Continuous wear refers to extended wear for 6 consecutive days (and nights), on the 7<sup>th</sup> day lenses must be removed, cleaned and disinfected. With extended wear, there may be increased risk of eye problems such as irritation, infection, corneal thickening, and corneal ulcers. It is recommended that you wear your updated pair of glasses an hour a day to avoid CL over-wear syndrome and carry your glasses with you just in case an adverse reaction is to occur while wearing your lenses. Therefore, follow-up visits a few times a year are necessary

Your wearing schedule prescribed is as follows:

<b>Wearing schedule:</b>	<b>Daily Wear</b>	<b>Extended Wear</b>	<b>Continue Wear (6 nights maximum)</b>
<b>Lens replacement schedule</b>	<b>Daily</b>	<b>Every 2 weeks</b>	<b>Monthly</b>
<b>Next appointment</b>	<b>3-7 days</b>	<b>Two weeks</b>	<b>Every Six Months    Yearly eye exam</b>

**ALWAYS remove your lenses if any REDNESS, PAIN/IRRITATION OR DECREASE IN VISION occur. Contact our office immediately if decreased vision and/or irritation persist.**

I have read and understand this “Informed Consent” document. I understand the risks associated with contact lens wear and request to be fitted for contact lenses. I understand the importance of regular follow-up examinations and agree to keep my scheduled appointments, as well as follow the doctor’s advice for safe contact lens wear. I understand the doctor reserves the right to terminate the contact lens program if I do not comply with the prescribed procedures. The doctor and staff at New Century Ophthalmology Group, PLLC and the contact lens manufacturer cannot be held liable for any damage that may occur.

\_\_\_\_\_  
Patient’s Name/Signature

\_\_\_\_\_  
Date