

Contact Lens Training

Contact lens insertion and removal is an important **skill** and necessary for safe and healthy lens wear. It is important to remember that a contact lens is a medical device that interacts with your body's tissues. Improper use, over-wear, or poor technique with handling, care, and insertion/removal can lead to serious ocular complications and potential vision loss.

Contact lens training times are booked for set times in our office. A staff member is dedicated to working solely with you. Insertion and removal training is a separate fee from the doctor's contact lens fees and is only for new contact wearers. This fee covers the following:

- (Up to) three 30-minute sessions with an instructor
- Instruction for insertion, removal, care, and wearing schedule
- Trial contact lenses
- Starter kit of lens care solution including contact lens case
- Full sized rewetting drops

The doctor will check the contact lenses for fit, vision, and health prior to the patient leaving with their lenses. The patient must demonstrate the ability to safely insert and remove their lenses by themselves before leaving the office with contacts. No patients can leave the office with lenses to “practice at home” unless showing competency with insertion and removal.

For minors, we ask that the parents stay in the waiting room. Minors must demonstrate the maturity and patience to insert and remove their own lenses. They must be independently successful in their contact lens responsibilities or they will risk eye injury or infection.