

**CONEJO FAMILY EYECARE**  
***Drs. Griffith and Hamlet Optometrists***

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Conejo Family Eyecare provides exceptional professional contact lens services. If you are interested in contact lenses or currently wear contact lenses, one of our doctors can discuss your options with you. Our recommendations are individually tailored to each patient and are based on many factors including your glasses prescription, visual needs, overall health and eye health.

### **What is a contact lens evaluation?**

A contact lens evaluation is a separate part of a comprehensive eye examination and requires additional testing that people who do not wear contact lenses do not need to have. Patients wearing contact lenses require more of the doctor's time and expertise.

In order to prescribe contact lenses an eye doctor must complete several additional tests:

1. Evaluate the health of the eye paying close attention to the cornea, corneal tear film (dry eye), eyelids and conjunctiva. Also evaluating how contact lens wear will affect the health of the eye to ensure long term success.
2. Determine the proper contact lens prescription based on each individual patients glasses prescription, visual needs, corneal health and curvature. A contact lens prescription is different and separate from a glasses prescription.
3. Examine the contact lens on the eye to ensure proper alignment with the cornea and lids.
4. Measure the vision with the contact lenses on the eye and make adjustments as indicated.
5. Assess patient comfort level with contact lenses.

Contact lens examinations and fittings have different levels of difficulty; this depends on the types of contact lenses needed, the visual requirements of the patient, the patients experience with contact lenses and the health of the patient's eyes.

### **Why is the contact lens evaluation separate from the comprehensive eye examination fee?**

Most insurance companies require doctors to separate routine comprehensive eye examination fees from any services performed due to contact lenses. More time and testing is required for a patient who wears contact lenses; therefore, most insurance companies treat contact lens services as an additional and separate evaluation from the eye examination.

### **What is a contact lens prescription?**

Contact lenses are medical devices that can only be dispensed by prescription. Contact lens prescriptions legally expire after a maximum of one year (or sooner if the doctor determines a medical reason for a shorter expiration date). They must be regarded with the same caution you would use for prescription drugs, which include prescription expiration dates and follow-up with your eye doctor. Your contact lens prescription will include the power of your contact lenses, the type of contact lenses you wear, the shape of the contact lenses (curvature), the size of the contact lenses (diameter) and any other information determined by the doctor to be necessary for a proper contact lens fit.

Your eyes go through gradual changes in size, shape and physiological requirements (such as for oxygen or dryness) while wearing contact lenses. These changes can affect the health of the cornea and need to be monitored at least every year. The federal government requires contact lens prescriptions to expire after one year for those reasons.