

In addition to standard contact lens fittings, our doctors provide fittings for all types of specialty lenses:

- Daily Wear

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Extended Wear

- Toric Lenses
- Multi-focal Lenses
- Rigid Gas Permeable
- Colored Contacts

We can also custom tint your soft contact lenses

### A Guide to Contact Lens Fittings

You've just had your eyes examined and you have been given a prescription. Can you use it to get contact lenses? The answer is no.

The prescription you receive at the end of your exam is a prescription for eyeglasses only. An accurate prescription for contact lenses can only be issued after several steps are taken that are not included in a routine eye exam. If you are interested in contact lenses, be sure to let us know at the time you schedule your appointment and we will set up a contact lens fitting in

addition to your eye exam.

The contact lens fitting involves special measurements of the curvature of the front surface of your eye, the cornea. This gives the doctor a starting point for determining the proper curve and size for your contact lenses. (There are many to choose from.) Contact lenses that are too flat or too steep for the shape of your eyes will be uncomfortable and/or can cause damage to the cornea.



The doctor will also carefully evaluate the health of the cornea to make sure there are no problems that could make contact lens wear difficult for you. It also gives the doctor a baseline from which he can monitor any changes to your eyes from contact lens wear.

Trial lenses will then be applied to your eyes and evaluated to judge the fit of the lenses and how much they move with each blink. This step is also done at each follow-up visit in the fitting process. Sometimes, lenses that appear to fit fine when first applied can tighten up after several hours of wear. Checking the fit of your lenses, sometimes several times, is essential to ensure your lenses continue to fit properly and cause no adverse effects to the cornea. After the doctor is sure your lenses fit properly, provide satisfactory vision and comfort, and are causing no harm to your eyes, your final contact lens prescription can be written.

After your contact lens fitting is complete, you should have your eyes and contact lenses examined at least once per year. All contact lenses (no matter how well they fit or how new they are) reduce the amount of oxygen to the cornea and increase your risk for eye infections. Annual exams by the doctor are important to maintain the health of your eyes and avoid unnecessary complications from contacts.

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