

INSTRUCTIONS FOR CONTACT LENS I&R TRAINING

CONGRATULATIONS ON YOUR VENTURE INTO CONTACT LENSES. THERE IS A \$30 TRAINING FEE ON TOP OF YOUR CONTACT LENS EVALUATION FEE. THIS TRAINING IS REQUIRED BY LAW. YOU MUST BE ABLE TO COMFORTABLY INSERT AND REMOVE THE CONTACTS FROM YOUR EYES ON YOUR OWN BEFORE WE CAN HAVE YOU LEAVE WITH THEM. THESE ARE SOME THINGS WE REQUIRE YOU TO DO BEFORE YOUR APPOINTMENT TO HELP THE TRAINING GO SMOOTHLY (YOU MAY BE RESCHEDULED IF YOU DON'T):

-AFTER WASHING YOUR HANDS, PRACTICE TOUCHING THE WHITE PART OF YOUR EYE **AT LEAST 4-5** TIMES A DAY. THIS WILL MAKE THE TRAINING EASIER & QUICKER.

-YOUR NAILS SHOULD BE TRIMMED AND SHORT. HAVING LONGER NAILS MAKES IT MORE DIFFICULT TO INSERT AND REMOVE THE CONTACT LENSES FROM YOUR EYES.

-YOU SHOULD NOT WEAR MAKE UP TO THE APPOINTMENT. DEBRIS FROM THE MAKE UP CAN GET IN YOUR EYES WHILE TRAINING.

*WE TYPICALLY ONLY TRAIN FOR ABOUT 30-40 MINUTES AT THE MOST. DURING THE APPOINTMENT, YOU MAY EXPERIENCE EYE IRRITATION FROM REPEATEDLY TOUCHING YOUR EYE. TO COMBAT THIS, WE NEED YOU DOING THE INSTRUCTIONS ABOVE TO EASE THE PROCESS. IF YOU ARE UNABLE TO COMPLETE THE TRAINING WITHIN THE TIME PERIOD, YOU WILL RESCHEDULED AND WON'T BE ABLE TO TAKE THEM HOME.