Guide to Soft Contact Lenses

What Are Soft Contact Lenses?

Soft contact lenses are meant to be worn in replacement of glasses for patient's best-corrected vision. These lenses are worn at the surface of the eye over the cornea. Soft contact lenses are made of soft, flexible plastics (i.e., silicone hydrogel) that allow oxygen to pass through to the cornea.

How Do I Acquire Soft Contact Lenses?

To purchase/order soft contact lenses, a patient must have an up-to-date **contact lens prescription**. To obtain a contact lens prescription, a patient must be appropriately fitted through a separate visit called a **contact lens fitting**. This visit will determine the parameters needed for a contact lens prescription – brand, size, and power. **A CONTACT LENS PRESCRIPTION IS NOT THE SAME AS A GLASSES PRESCRIPTION.**

Types Of Contact Lenses/Contact Lens Wear Schedule

- **Monthly:** Patient will care for same set of contact lenses with a contact lens case & multipurpose solution for approximately one month (4-5 weeks) before disposing & replacing with new set.
- **Bi-weekly:** Similar to monthly contacts except contact lenses are changed every 2 weeks.
- **Daily Disposables:** Patient will dispose of contact lenses at the end of every day & replace with new set the following day.

The Three Golden Rules of Contact Lens Care

1. ***Wash your hands*** before insertion or removal of contact lenses.
2. ***Do NOT sleep*** in contact lenses.
3. ***Do NOT swim*** in contact lenses.

**Not following Golden Rules of Contact Lens Care increases the likelihood of contact lens-related adverse events including acute redness, pain, light sensitivity, and decreased vision that can lead to permanent damage & vision loss. If you are experiencing any of the forementioned symptoms, discontinue contact lens wear and follow-up with an eyecare provider immediately.*

How To Insert & Remove A Soft Contact Lens (video by CooperVision)

Contact Lens Fitting & Pricing

Pricing and scheduling will vary depending on whether a patient is a **NEW** or **ESTABLISHED** contact lens patient with our practice.

A **NEW contact lens fitting** requires a separate visit from a patient's annual eye examination. We encourage all new contact lens patients to practice at home under parent supervision while using our "Guide to Soft Contact Lenses" prior to scheduling a contact lens fit. Trials will be ordered for patient's new contact lens fit based off their latest glasses prescription. Time will be spent in the exam room teaching patient how to properly insert & remove contact lenses, as well as assess the vision and fit with their contact lens trials on. A final contact lens prescription will be released upon completion of new contact lens fitting.

An **ESTABLISHED contact lens fitting** can be scheduled on the same day as a patient's annual eye examination. This is only for experienced contact lens wearers that have successfully completed a new contact lens fitting with our practice. We encourage patients to wear or bring their current contact lenses so they can be evaluated by the doctor. Contact lens prescriptions expire annually and require an updated fitting prior to renewal of a contact lens prescription.

Kids Eyes Erie effective 07/01/2026 no longer offers NEW Contact Lens Fit here at our office.

We will continue to offer **ESTABLISHED** contact lens fitting at the cost of

$50 per patient

CONTACT LENS PRESCRIPTIONS ARE NOT INCLUDED WITH YOUR ANNUAL EYE EXAM & MUST BE SCHEDULED WITHIN 6 MONTHS (180 DAYS) OF LAST COMPREHENSIVE EYE EXAM