

## Why Follow-up Appointments Are Necessary?



-To assure the contact lenses are fitting and moving well on the eye

-The prescription is providing the best possible vision

-The eyes are remaining healthy

-There are no problems with removal or insertion

-That our patients understand our compliance policy

## Contact Lens Orders

When you purchase your contact lens orders from White Mountain Eye Care & Optical we will provide the following:

-Free exchange of lenses if your prescription changes anytime within that year

-Hassel free exchange for defective contacts

-Convenient direct shipping to the address of your choice (shipping charges may apply)

-Rebates for wearers (if applicable)

## Pricing your Contact Lens Fitting and Training?

Quoting contact pricing before an exam can be very difficult to do. The reason for this is the vast nature of contact lenses and the many different reasons patients choose to wear contact lenses. For this reason, we are only comfortable quoting a price range before an exam. Our fittings range from \$90 to a possible \$175. Please ask after your eye exam for proper pricing.



## Contact Lens Warranty & Policy

Everything You Need to Know About Contact Lens Pricing and Wearing

White Mountain  
**EYE CARE & OPTICAL**  
*A department of Speare Memorial Hospital*

## What is Included in Your Contact Fitting and Training Session

- You will be scheduled for a one hour appointment for your first visit
- You will be taught how to insert and remove your lenses
- If you need more than one hour you will be scheduled for another return one hour appointment
- A one week progress visit
- A one month follow-up visit

## Contact Lens Prices

- Contact Lenses vary in price
- Pricing depends on the brand and the specialty
- Your biggest savings is when you purchase a year supply (tier pricing applies to a year supply)

## How to Place Your Contact Lens Order?

- Call 603-238-2143 and leave your name and phone number and we will call you back
- Stop in and place your order

## Corneal Health Check

-You must have a corneal health check once a year, IT IS THE LAW. Corneal health checks are not covered by insurance. If you are scheduled for just a corneal health check the cost is \$55. If you are scheduled for a routine eye exam, a corneal health check is an additional charge of \$35. These fees are always due the day of your appointment at the time your services are rendered.

## Office Hours

- Office hours are 8 to 5 Monday thru Friday. We are closed from noon to 1 for the lunch hour.
- We are closed weekends and holidays
- PLEASE NOTE: If the holiday falls on a weekend, it is possible our office may be closed either the Friday before or the Monday after. We suggest calling ahead to verify office hours on a holiday weekend

## EMERGENCIES

-If you are having an emergency do NOT leave a message on our phones, please go to the nearest emergency room or dial 911

## Contact Lens Care Instructions

- At your contact lens training session, you will be given instructions based on the contact you wear
- You will also be given a recommended product to use for daily cleansing



## Normal Symptoms with Contact Lens Wearing

NOTE: Symptoms vary from person to person and although these may be considered normal symptoms they are not necessarily normal for everyone.

- Mild sensitivity to light
- A slight headache
- Foreign body sensation
- Dryness
- Mild itching

## Abnormal Symptoms

- Persistent pain
- Burning sensation
- Excessive tearing
- Redness that does not clear up
- Hazy vision for prolonged time after contact removal
- Abnormal sensitivity to light