Important Information for Contact Lens Wearers

Contact lenses can "mold" the front surface of the eye (the cornea), which may lead to a change in your prescription and the calculations used for your LASIK/PRK procedure. In order to gather the most accurate data for your procedure, you will have to stop wearing contact lenses at some point prior to your appointments. The type of contacts you wear and the length of time you've worn contact lenses affects how long is necessary for contacts to be out in order for the cornea to return to its natural shape. Whiting Clinic is committed to achieving the best possible results for our patients, which can only be achieved with a stable cornea and accurate data collection prior to your procedure.

For the vast majority of patients, the initial recommended length of time for contact removal should suffice; however, the individual rate of corneal adjusting may vary. If during the initial candidacy exam we find that your cornea is still adjusting, you will be required to remove your contact lenses for a longer period of time and return for a reassessment. Whiting Clinic cannot reimburse for time off work, hotel, airline tickets or any other expenses incurred due to rescheduling.

Do not sleep with contact lenses in for one (1) week before the candidacy exam.

*Patients with higher levels of astigmatism ranging -2.00 diopters or greater may require a longer time out (1-2 weeks) of contact lenses. Your doctor will be able to determine the length of time out after review of the initial data. You may choose to proactively leave contact lenses out longer (1-2 weeks) prior to your candidacy exam if you know you have a higher degree of astigmatism.

**The difference in the length of time to remove contact lenses listed in the chart ensures that most out-of-town patients or tentatively scheduled for surgery patients are not inconvenienced by rescheduling if corneal "molding" is apparent.

Medical evidence suggests that the likelihood of an enhancement may be reduced the longer a patient has had their contact lenses out.

A minimum of 24 hours of soft contact lenses removal is adequate for the majority of patients. On occasion, however, we find that the eyes are red and irritated with some inflammation, during the pre-operative exam. These symptoms are due to wearing contact lenses for long periods of time. The doctor may request to have a second evaluation with contact lenses removed for one week or longer before surgery is booked. The doctor may also prescribe anti-inflammatory drops before surgery can be performed. This occurrence is not common. However, it is important that patients are aware of this possibility prior to surgery.

AT A GLANCE:

- Contact lenses can change the shape of your cornea
  (the front part of your eye where LASIK or PRK will be performed)

- Our commitment to delivering the most accurate LASIK or PRK results requires you to leave your contact lenses out as recommended

- Our procedures are customized specifically for you; therefore, your doctor may request your contacts be left out longer than the initial time suggested. This recommendation is done with your best long-term interest in mind

- If you tentatively schedule your procedure before receiving a doctor’s recommendation, please be prepared to change the date to accommodate a new recommendation for contact lens removal in the rare instances this is required.