

PATIENT CHECKLIST

Your First Contact Lens Visit

New to contacts? Here is how to make your first fitting smooth, comfortable, and quick.



Arrive a few minutes early

A relaxed start gives us time to get your fitting just right.



Bring any current contacts

Include the box or prescription if you have them.



Think about your daily routine

Screen time, sports, and work hours all help us pick the right lens.



Plan a little extra time

If you are new, we will help you practice putting lenses in and taking them out.

GOOD TO KNOW

Contact lens exams are a separate service from a routine eye exam. We are happy to do both in one visit, just let us know when you book



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