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The Routine Contact Lens Examination

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1. What are the chief components of the ocular examination geared specifically to the contact lens patient?

The routine eye examination for the potential contact lens wearer includes taking a careful history, performing a complete examination, and evaluating the patient as a candidate for contact lens wear.

History

Present illness
1. Chief complaint
2. Systemic and topical medications used
3. Allergies (seasonal or chronic)

Previous Medical History and General Health

Previous Ocular History

1. History of spectacle use
   ● Reason for using glasses
   ● Activities for which glasses are used
   ● Date of spectacle prescription and the last examination
2. History of contact lens use
   ● Contact lens type
     ■ Polymethylmethacrylate (PMMA)
     ■ Rigid gas permeable (RGP)
       —Spherical/toric
       —Single vision/monovision/multifocal
Hydrophilic (soft contact lens)
— Spherical/ toric
— Single vision/ monovision/ multifocal
— Cosmetic
— Therapeutic

● Wearing Schedule
■ Daily wear
■ Flexible wear
■ Extended wear
■ Occasional wear

● Additional contact lens history
■ Satisfaction with vision and comfort
■ Average wearing time (hours/day)
■ Lens replacement schedule (if disposable or planned replacement)
■ Disinfection regimen
■ Reasons for changing the type of contact lens or discontinuation of use in the past
■ Previous contact lens- or solution-related complications

Family History (Systemic and Ocular)

Evaluation of the Candidate for Contact Lenses

1. Reasons for interest in contact lens wear
   ● Cosmesis
   ● Sports and hobbies
   ● High refractive error, irregular corneas, and/or poor refractive surgery outcomes
   ● Improved vision

2. Personal hygiene
3. Psychological and physical condition
4. Work environment
5. Manual dexterity
6. Financial cost
7. Patient expectations
8. Recognition by the user of:
   ● Risks and cautionary measures
   ● Importance of lens care
   ● Importance of follow-up

2. What are the important aspects of the ophthalmic examination in the contact lens patient?

The ophthalmic examination of the contact lens patient should assess visual acuity, binocular vision, refraction, and visual field and should include examination of the ocular adnexa, the anterior segment, and