

CONTACT LENSES 101, PART 3: LENS WEARING SCHEDULES

Contact lens wearing schedules refer to how long a person can keep a contact lens in the eye and how long they can keep the same lens. Patients have many reasons for not adhering to a contact lens wearing schedule, and it's up to their eye care team to help them understand why it's essential to do so.

Types of contact lenses

Contact lens wearing schedules are classified in a few ways, but we will focus in on the following¹:



Monthly



Two-Week
Replacement



Daily Disposable

Monthly contact lenses

As the name suggests, the wearer can use one pair of these contacts for up to one month. In between uses, the wearer must clean and disinfect the lenses with contact lens solution. After a month, the contacts should be replaced with a new pair.

An annual supply costs approximately \$150 to \$250.² Although monthly contacts seem the most cost-effective because the patient buys a smaller quantity of lenses, they should keep in mind that contact lens solution and cases can add about \$200 to the overall cost.³



Vision Source[®] offers a monthly silicone hydrogel contact lens manufactured by CooperVision[®]: **AQUACLEAR[®]**.

Two-week replacement contact lenses

These lenses can be used for up to two weeks. Like monthly replacement lenses, the wearer cleans and disinfects the lenses each night before using the next morning.

Two-week lenses cost a bit more than monthly lenses because the wearer needs a larger quantity. A typical range for an annual supply is \$200 to \$300.² The cost of contact lens solution and cases also applies to two-week replacement lenses.



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Daily disposable contact lenses

According to the FDA, disposable lenses are used once, and then thrown away.¹ Daily disposables offer many benefits, including improved lens hygiene, better comfort, convenience, fewer deposits, less need for solution, and availability of spare lenses.¹

An annual supply of daily lenses costs around \$400 to \$600.⁴ Many patients are concerned about the cost of daily disposables. Because the cost of the solution is eliminated, the price difference is not as significant when compared with monthly or two-week lenses.



Vision Source® offers a daily silicone hydrogel contact lens manufactured by CooperVision®: FRESH DAY.® CooperVision® also manufactures a premium daily silicone hydrogel contact lens: MyDay.®

Financial implications

Besides health, comfort, and vision concerns, there are financial reasons why an eye care team should ensure patients follow their recommendations for wearing schedules.

Studies show that the most compliant patients⁵:



Purchase an annual supply of contacts



Are more likely to wear daily disposables or monthly replacement lenses



Return more frequently for eye exams

Contact lens compliance is important

A compliant contact lens patient is someone who properly cleans, handles, and wears their contacts.⁶ Failing to follow the recommended replacement schedule can result in number of eye health problems. Therefore, compliance is very important.

1. Vinita Allee Henry, Steve Diamanti & Julie Ott DeKinder (2020), "Soft Material Selection (Hydrogel & Silicone Hydrogel)" in Clinical Manual of Contact Lenses, 5th Ed., Eds. Ed Bennett and Vinita Henry, China: Wolters Kluwer, pp. 288-310. 2. Cost of Contacts in 2020: How Expensive Are They? NVISION Eye Centers. <https://www.nvisioncenters.com/contacts/costs/>. 3. Heiting G. How Much Do Contacts Cost? All About Vision. <https://www.allaboutvision.com/contacts/faq/contact-cost.htm>. Published August 25, 2020. 4. ODspecs. ODspecs.com. <http://www.odspecs.com/>. 5. Pucker AD. Contact Lens Care and Compliance: An Update. Contact Lens Spectrum. <https://www.clspectrum.com/issues/2016/november-2016/contact-lens-care-and-compliance-an-update>. 6. Dumbleton K, Richter D, Bergenske P, et al. Compliance with lens replacement and the interval between eye examinations. Optometry and Vision Science. 2013 Apr;90(4):351-358.