

Pitfalls of ordering contact lenses online.

Ordering [contact lenses online](#) have become the most convenient and money saving addition to vision care in over 20 years. While buying online can be a cheap no hassle way to purchase lenses, buyers should be very careful in how and where they order contacts.

First and foremost, contact lenses are a prescription item and to order them, you must have an up to date prescription from your eye doctor. State laws dictate when prescriptions expire but the majority of states allow one year from your last eye doctor visit to purchase contacts. A few allow two years between visits and in some cases; eye doctors are the one's who will decide when the prescription will expire. In any case, you will always receive a prescription with your name, lens measurements, contact lens brand and material, and your doctor's name.

Some states will include additional information such as if your contacts are daily or extended wear, the date your prescription expires, and number of refills allowed prior to returning for a doctor visit. Federal law states that all Internet sites, mail-order, and phone companies must get approval from your optometrist for any prescription they fill which is why all ask for your doctor's name and phone number when you place your order. In some states, a written prescription is required which means faxing a copy of your RX to the company for approval.

Ordering from a reputable, national service is the best way to ensure your prescription is filled correctly and with your vision safety in mind. Larger companies receive more scrutiny and order manufacturer direct while small companies may receive their inventory off the grey market where there's less oversight.

When receiving your order, prior to wearing your new lenses, always make sure to double check the box with your prescription to make sure you've received the correct brand, lens type, and prescription details. Even large companies can make a mistake and wearing incorrect contact lenses can cause troubles down the road.

Following these few simple precautions can be a great way to save on contact lenses online while keeping your vision healthy.

About the Author

Ben Thiesmann is a freelance writer with experience in health and fitness related topics. AC Lens is an online contact lens retailer with all types of [soft contact lenses](#) in stock including bifocal and [toric contact lenses](#). Visit their website to find out how to receive free shipping on orders over \$89.

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