



# I wish I could wear... contact lenses



Now it is easier than ever to wear contact lenses.

Read on to discover how we can offer the right lenses for your requirements..

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Optometrists

# Are you looking for a change from your glasses?

This leaflet has been written to guide you through the process of becoming a contact lens wearer - whether it is for every day, occasional use or purely for sport use of contact lenses.

## What are contact lenses?

Contact lenses are small, thin, optical lenses worn directly on the eye to correct vision problems and can be hard or soft. They can replace glasses or bifocal glasses and can also enhance or change the colour of your eyes. Yet many people who could be considered for lenses have never thought to give them a go, thinking they will be uncomfortable, and need lots of care. But nothing could be further from the truth!

Almost everyone can wear contact lenses - even some babies are fitted with contact lenses when they have eye problems! Most people start wearing contacts in their early teens, but even children as young as 5 years old can learn to wear (and take care of) contact lenses.

Lenses are available for high prescriptions, astigmatism and reading and some lenses can be safely worn overnight. Cleaning lenses is easy and quick - and some lenses are simply thrown away after each use, being replaced by a clean new lens each day!

## What do I need to do to be able to wear them?

In order to be fitted with contact lenses, you will need to have an up to date prescription, so you may need an eye examination. A contact lens fitting takes a little longer than a regular eye examination, so you need to reserve enough time - plan to spend about 60 to 90 minutes with us. When you make your appointment, please let reception know that you are interested in contact lenses and would like an appointment for a fitting in addition to the eye examination if required.

## What should I expect?

### Consultation

Your optometrist will talk to you about your general health, and about your eyes; then you'll be asked what your goal is with wearing contact lenses. To play sport? See better far away? Change the colour of your eyes? Your answer can be definite: "I want to see well far away, and I want to have blue eyes," or you can answer in general terms; "I'm not sure what I want, I just know I don't see very well and I don't like glasses". Your optometrist will know how to proceed with the examination based on your answers.

### Examination

Next you'll begin the actual eye examination. This consists of a series of tests to determine your eye health and your current vision. At the end of this examination, your optometrist can provide you with a prescription for glasses - but there's more to come to get contact lenses!

## Contact Lens Fitting

Eyes come in different shapes and sizes, so you need to have an accurate “fitting” to make sure your lenses will fit your eyes properly. To do this, your optometrist will take concise measurements of your eye and its surface, checking for curvature and other factors that will affect how your lenses fit to ensure a good and comfortable fit of the contact lenses.

You'll also be asked if your eyes tend to be dry (how dry your eyes are is very important in determining which type of contact lenses are best for you). Your cornea (the front surface of your eye) will be carefully examined to help assess the best design of contact lens for you.

Next, trial lenses will be applied to your eyes so your optometrist can see how well they fit. It takes time for lenses to “settle” on your eyes, so you may wait 10 to 15 minutes after the lens has been inserted before the optometrist checks the fit. You may need to try on more than one pair before you get it just right. After your optometrist is satisfied that your lenses fit, feel comfortable and give you good vision, you'll be ready to learn how to take care of them.

## Contact Lens Instruction

Learning to apply (and remove) your lenses is very easy. Most people get the hang of it right away, and even the most nervous patient can expect to have mastered the technique within a week. One of our fully trained staff will teach you how to handle and care for your lenses. You'll also get written instructions to refer to - and you should always call your practice if you have any questions.

## Supplying Your Lenses

Once you have mastered how to handle and look after your lenses, a follow-up appointment will be booked for approximately 14 days after your contact lens fitting. This allows us to assess the performance of the lenses over a longer period of time. Once you place an order for your contact lenses, they are usually with us within a few days. One of our team will advise you of an expected delivery date.

## Importance of Regular Follow-up Appointments

In order for our optometrists to give you their best clinical care and recommendations, we advise that you are seen at regular six monthly intervals. This allows us to continually assess your needs and advise if any improvements that can be made to the vision or the comfort of your lenses.

## Do contact lenses hurt?

The simple answer is no! In fact if they do hurt - it suggests that you need a check up!

## How long do they take to get used to?

Typically, you will be wearing lenses most of the day within the first week after fitting.

## How long do they last?

Most lenses are worn for either a fortnight or a month before re-placing (known as disposable lenses), or are worn for a single day (daily disposable) before replacing. Some custom made designs for complex prescriptions may be worn daily for longer periods. Extended wear lenses may be worn continuously for several days at a time without removing.



We currently stock a wide range of contact lenses and offer FREE TRIAL LENSES subject to a fitting fee.

Contact lenses are an affordable option - for example, depending on how often you replace your lenses, every day, week or every two weeks - the cost of ACUVUE® Brand Contact Lenses ranges from about 30p to £1.30 per day. That's probably less than you spend on a cup of coffee and a newspaper!

Interested? Simply give us a call to arrange your contact lens fitting on 01242 233500 / 269686

## Cost Guidelines

Comprehensive Eye Examination (needed before a fitting)	£40
Initial fitting fees (dependant on lens type)	Between £50 & £100
<b>Example Lens Costs:</b>	
Daily disposable lenses	£25 - £38 per month
Monthly & fortnightly disposable lenses	£9 - £19 per month
Daily lenses for astigmatism	from £33 per month
Monthly lenses for astigmatism	£11 - £15 per month
Multifocal lenses	£17 - 33 per month
<small>*Please note we are also able to fit gas permeable contact lenses and lenses designed for those with keratoconus!</small>	
Contact Lens Check-ups (normally 6 monthly)	£35 per visit

Many of our patients choose to go onto our After Care Scheme which rolls together the cost of their lenses, aftercare and solutions (if necessary) into an affordable monthly sum which is then paid by standing order. This option also gives patient discount off their lenses! For further information on our care scheme please ask at Reception.