

## <Practice header removed>

Contact lenses are a popular addition to spectacle wear, and for some patients can provide a better visual or lifestyle outcome. Although they can offer many advantages, they are a medical device which must be fitted and dispensed by a trained clinician.

They must be individually fitted and prescribed to ensure they fit on the eyes properly as well as allowing your eyes to focus light properly. Poorly fitting lenses or a poor contact lens care regime can lead to severe eye problems including infections, inflammation, and new blood vessels growing into the cornea.

### General check

A general check provides the Optometrist with your spectacle prescription, your eye health details, and your suitability for contact lenses. If this hasn't been done in the last 2 years, it will be required before a contact lens fit can be done.

### Contact lens fitting

Based on your eye surface factors, your prescription, and your visual needs, your optometrist will select the initial contact lens for a trial fitting.

The fitting of a particular lens will usually involve one appointment where the Optometrist first checks that the lens is sitting on the eye correctly, and then a follow up appointment to look at the lens on the eye after it has been worn for some hours or days. At this follow up appointment, the Optometrist will check that your eye health has not been adversely affected by the lenses and may make final adjustments to the prescription of the contact lens to optimise the clarity of your vision through the lenses.

Complicated fits with multifocal contact lenses, high astigmatism lenses, and multifocal contact lenses will often require more than 2 fitting appointments.

### Contact lens teach

This is where your Optometrist will show you the correct way to insert and remove your lenses, how to deal with any common issues that arise during contact lens wear, and how to clean/store your lenses.

### Contact lens aftercare

Contact lens aftercare is very important for reassessing your eye health after you have been using a particular lens and cleaning regime for a period of time.

At the aftercare your optometrist will also check for any changes in visual function and make any changes to your wearing schedule or cleaning regime if required.

Make sure you wear your lenses to the aftercare.