

Contact lenses

Why wear contact lenses?

Wearing contact lenses means you don't have to wear glasses. They will give you the freedom that a person with perfect vision would have. With the contact lens being placed on your eye you get the peripheral vision that glasses cannot provide. This makes contact lenses ideal for sports and activities where wearing glasses is impossible or dangerous.

Some people don't want to wear glasses for cosmetic reasons so contact lenses is their preferred option. However, it is always a good idea to have a pair of glasses for emergencies and for the health of your eyes. Wearing contact lenses all the time reduces the amount of oxygen to your eyes and can be harmful, so it is also important to give your eyes a rest.

Unfortunately, not everyone can wear contact lenses because of a disease or an irregularity with their eye. Please check with our optometrist to see if contact lenses are a viable option for you

What type of contacts lenses should I wear?

Discussions with our optometrist about your lifestyle and how often you wish to wear the lenses, will help in determining whether you should be fitted with daily, two weekly, monthly or conventional contact lenses. It also depends on you and whether your eyes will accept the contact lenses. This is why it is important to have a contact lens fitting or a tolerance test to see whether the contact lens is suitable.

COST OF CONTACT LENSES

The cost of contact lenses varies depending on what type of lenses you wear. Discussions with our optometrist about how often you wish to wear the lenses and in what situation ie. for sports or social occasions only, will help in determining whether you should be fitted with daily, two weekly, monthly or conventional contact lenses. Dailies can cost from \$2 a day or if you are fitted with extended wear lenses that you sleep in, it can be little as \$1.40 a day. For these types of lenses you are paying for convenience. Disposable contact lenses that you take out each day are even more cost effective, although you have the task of cleaning the lenses. Discuss with our optometrists the right contact lenses for you.

Contact lens procedure for first time wearers

1. General Eye Exam

Includes checking the prescription and health of the eyes, some contact lens measurements and a general 'chat' about contact lenses.



2. Tolerance Test (or Contact Lens Fitting)

This requires two appointments, several hours apart. During the first of the appointments contact lenses are placed on the eyes. When the eyes have 'settled' the fit of the lenses is evaluated. If the lenses fit satisfactorily they remain on the eyes until the second appointment. Here the longer term fit and the final prescription is decided.



4. Aftercares (or Check-ups)

These appointments are compulsory and very important to maintain the health of your eyes. They are also designed to check that you are coping with your contact lenses and if there are any problems they are dealt with. There will be two scheduled aftercare appointments, at two and six weeks after collection. However, if you are having problems, then all additional aftercares are included in the starting package for up to three months from the collection date.



3. Contact Lens Dispense

The insertion and removal, cleaning, care and handling of the lenses is demonstrated. When you are proficient at this you will take the lenses home.

COST

The cost of examination for first time contact lenses is: Adult \$328 Student \$295
A general eye examination for existing contact lens wearers \$122.



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