

To get contact lenses, you need to see our optometrist to have your eyes examined and get a prescription. You will then have a contact lens consultation and fitting. 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 - 90 minutes at the practice. When you make your appointment, be sure to let the practice know that you are interested in contact lenses and would like an appointment for a fitting as well as an eye examination.



Here is what you can expect at your examination and fitting:

CONSULTATION – Why do you want contact lenses? How do you plan to use them? And what do you want them to do for you?

EXAMINATION – A complete evaluation of your eye health and vision.

CONTACT LENS FITTING – Measuring your eye surface to evaluate vision, fit and comfort – plus trying on lenses.

CONTACT LENS INSTRUCTION – Learning how to handle and care for your lenses, including inserting, removing, cleaning, and storing.

GETTING YOUR LENSES – Taking your lenses (and care products) home.

FOLLOW-UP – Returning in one to two weeks so our optometrist can see how you are doing with your lenses.



CONSULTATION

Our optometrist will talk to you about your general health, and about your eyes. You will be asked your reasons for wearing contact lenses. Is it to see better close up? 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.” You can also 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.” Our optometrist will know how to proceed with the examination based on your answers.

EYE 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. Our optometrist will test your eyes together, and one at a time, for a number of different things: general vision, peripheral vision, muscle actions, eye pressure and so on. At the end of this examination, you will be provided with a prescription for glasses.



CONTACT LENS FITTING

Eyes come in different sizes and shapes, so you need to have an accurate “fitting” to make sure your lenses will fit your eyes properly. To do this, our optometrist will take special measurements of your eye and its surface, checking for curvature and other factors that will affect how your lenses fit. You will also be asked if your eyes tend to be dry (how dry your eyes are is very important in determining which type of contact lens is best for you. There are special lenses for people who experience eye dryness).

Finally, your cornea will be carefully examined to make sure there are not any problems that could make it hard for you to wear contact lenses.

Next, trial lenses will be applied to your eyes so our optometrist can see how well they fit. It takes time for lenses to “settle” on your eyes, so you may wait 10 or 15 minutes after the lens has been inserted before the fit is checked. You may need to try on more than one pair before you get it just right. Once our optometrist is satisfied that your lenses fit, feel comfortable and give you good vision, you will 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 learn within a week. Our optometrist (or a member of the staff) will teach you how to handle and care for your lenses. You will also get written instructions to refer to – and you can always call our optometrist if you have any questions.

GETTING YOUR LENSES

We may have your contact lenses in stock and you will be able to take them home the same day. If your lenses need to be ordered, you will usually get them within a week.

FOLLOW-UP

After your contact lens fitting is complete, you will need to return for follow-up visits so our optometrist can make sure your lenses continue to fit, that you are seeing well and that your lenses are comfortable. Thereafter, you will have regular checks as advised. If you notice any changes in your vision or eyes, you should call us right away.

PROFESSIONAL FEE CHARGES

Standard eye examination	£25.00
Extended eye examination (Includes retinal scanning and photography)	£35.00
Contact lens consultation and fitting/aftercare	£35.00



» CONSULTATION AND FITTING



16 Old Dover Road Blackheath
London SE3 7BT
Tel: 020 8305 1060
Fax: 020 8858 5627

Email: rs@blackheattheyecare.co.uk

www.blackheattheyecare.co.uk



**Contact Lens
Consultation and Fitting**

A guide to understanding
what's involved!