

# Contact Lenses

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## **Contact Lens Fitting at Gartnavel General Hospital**

Your ophthalmologist has suggested that contact lenses may help your eye condition. Here is some information that you might find helpful.

### **Assessment and Fitting**

An optometrist will assess your suitability for contact lenses at your first appointment. This appointment can take up to an hour. If helpful, your optometrist will order contact lenses, according to your particular eye contour and lens power. You will have a further appointment to collect your lenses and we will show you how to use them safely.

### **Instruction on Lens Handling and Hygiene**

We will show you how to insert, remove, handle and clean the lenses. We will only give you lenses if you and the optometrist are happy with these procedures.

You should be aware that wearing lenses carries a risk of eye infection, which although very rare, can potentially affect sight. It is very important that you understand and follow all advice on hygiene and contact lens care we give you to minimise this risk. Please make sure your fingernails are cut short in time for this appointment.

### **Further Appointments**

Once you have the lenses, we will arrange a follow up appointment for 6- 8 weeks later. It is important you wear the contact lenses to this appointment. If you have any issues and for any reason cannot wear them, bring them in the case provided.

Generally the fitting process takes several appointments over 3-4 months and in complex eyes, we may try more than one lens type.

Once you are used to wearing the contact lens you will have routine appointments (at least once a year) for as long as you continue to wear lenses. This is to make sure the lenses are still suitable and not causing any complications.

Please wear your lenses to every appointment. If you fail to attend your appointments; we will discharge you from the clinic. If this happens, we cannot order replacement lenses for you and you will need to ask your GP or optician to re-refer you.

As we don't assess any eye problems unrelated to contact lenses at this clinic, you should continue to attend your local optician for a full eye examination once every 2 years.

## **Charges**

There is a statutory NHS charge for each non-disposable contact lens. This is currently \_\_\_\_\_

If you need frequent-replacement lenses, the same charge will apply once a year, per eye.

Certain groups of patients are exempt from lens charges. Please bring proof if you fall in to one of these categories:

- Under 16.
- 16, 17 or 18 in full time education

If you (or your partner) are entitled to:

- Income support
- Income related employment support allowance (ESA)
- Income based job seeker's allowance
- Universal Credit
- Pension Credit Guaranteed
- HC2 certificate (partial help may be available with an HC3 certificate). We can advise you on how to apply for these certificates if you are on a low income.

We will only replace damaged or lost lenses once free of charge when you are new to lenses. Please note we will charge you for further lost or damaged lenses (or if you request spares), even if you are in one of the above groups.

## **Solutions**

We will provide you with a starter pack of solution for cleaning and storing your lenses. Thereafter you will need to buy solution from your local chemist, opticians, supermarket or online.

Your contact lens practitioner will advise you on what type of solution is appropriate. Contact lens solutions are not available on NHS prescription but we aim to supply solutions for patients in the groups listed above.