

Contact Lens Appointment Information

You have been referred to the Contact Lens Clinic, but this may **not** be for you to have contact lenses. Sometimes these appointments are used so that the correct equipment, appointment length and personnel are available on the day of your consultation, so please do not be put off from coming to your appointment.

If you are to have a contact lens fitting, you can expect to be here for around an hour and a half. The optometrist will spend around half an hour with you, assessing the eye and discussing the various options with you. If the option chosen is to try contact lenses and a suitable trial lens is available, then a lens, or pair of lenses will be placed on your eye(s) and allowed to settle. Depending on the type of contact lens used, the settling time will be between 15 and 40 minutes. The lens will then be assessed to determine if any changes are necessary to its shape to give you an optimum fit. The strength of the lens required to give you a balanced vision will also be considered. Your eye(s) will then be checked again to look at the eye's response to the contact lens.

All types of contact lenses are fitted at Leighton Hospital and all available materials are utilised:

- Soft lenses
- Rigid gas permeable lenses
- Semi-Scleral lenses
- Hybrid lenses, which have a central rigid gas permeable button surrounded by a soft skirt
- Piggyback systems, where a soft lens is worn underneath a rigid gas permeable lens
- Prosthetic hand painted lenses
- Soft lenses with black pupils 'painted' on.

If you have not been able to achieve comfortable wear in the past, there may well be something new available now. Contact lens technologies are very exciting and developing all the time, for example, we can now make contact lenses where each quadrant of the lens is a different shape, thereby achieving a much more comfortable fit than lenses in the past which may have rocked with blinking and eye movements, leading to discomfort and irritation.

This is an NHS service. No charges are made for your appointments. A charge, currently £57.00 per contact lens, is payable when you receive your lens (es), unless you are exempt from charges. There are also some instances when you would be exempt from charges for contact lens cleaning products. Please see our 'Contact lens and Contact lens Cleaning Product Charges' sheet for further details.

If you have any questions, please telephone 01270 612209.

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This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612209.

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