

# What to expect from Contact Lenses



The idea of being fitted with contact lenses can be scary for some people but it needn't be. Contact lenses can make a world of difference in people's lives when compared with spectacles, by providing greater convenience and freedom among many other benefits. This guide will walk you through what is involved in being fitted with contact lenses.

## Fitting appointment

The first step in getting contact lenses is to book a contact lens fitting with your optician. Before you are able to book an appointment you will need to have an up-to-date spectacle prescription.

At your fitting appointment your optician will ask you a number of questions to help decide which are the best type of contact lenses for you. After this they will assess the health of the surface of the eyes. When all the information is gathered you will then have a discussion with them and make a choice in which contact lenses to begin with. Don't worry, at this point as there is plenty of chance to try other contact lenses if the first set is not suitable.

Once the contact lenses have been selected it is time for them to be applied. Your optician will apply the lenses for you for the first time. It may feel a little strange at first but it shouldn't feel painful, or uncomfortable, just a little different and this will settle within a few minutes. You will then be given time for the contact lenses to settle before your vision is assessed. It is at this point that your optician may adjust the powers of the contact lenses to get the best vision for you. When these steps are completed and the correct contact lenses have been selected, you are ready to be taught how to use your contact lenses.

## Contact lens Application and Removal

This involves applying and removing, cleaning (if applicable) and all the advice needed to get the best contact lens wearing experience. When both you and your Contact Lens Tutor are happy you will be able to take away the contact lenses to try.

## Trial

The contact lens trial allows you the opportunity to 'test drive' your contact lenses. The trial normally lasts between 1 and 2 weeks. This gives you the opportunity to try your contact lenses and wear them during your normal daily activities. It is a great opportunity to make sure you find them comfortable and you are happy with the vision that they are providing.

## Follow up appointment

After you have completed your trial you will need to come back for an end of trial checkup. You will need to attend this appointment wearing your contact lenses. This gives your optician the opportunity to check the fit of the contact lenses after you have been wearing them for a period of time as well as checking the health of the surface of the eyes. This appointment gives you the opportunity to discuss your experience with wearing contact lenses and whether you feel they are meeting your needs. Once both you and your optician are happy, you will be given a contact lens specification and are able to start purchasing contact lenses. Your optician will then remind you when to return for your regular aftercare appointments to ensure you remain happy with your lenses.

