EYE CARE FOR LIFE

CONTACT LENSES

Isn't it time you changed the way you receive eye care?

PETER IVINS EYE CARE

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Peter Ivins has been involved in contact lens research and clinical trials for over 30 years. In 1987 he was one of the first optometrists to trial disposable contact lenses anywhere in the world, and since then has lectured in China, Australia, Europe, America and South Africa on contact lenses and related topics. He has also sat on the advisory panels of several global contact lens companies.

He is currently a member of the teaching faculty at the Johnson & Johnson Vision Care Institute™ in Wokingham, England which has been developed to enhance practitioner knowledge and improve patient satisfaction.

“I am passionate about contact lenses as a method of vision correction particularly for children and teenagers. I truly believe anyone who wears glasses should consider contact lenses.

Whether you’ve tried them in the past or are considering them for the first time, I’ve put together some useful information to help you decide if, and which type of, contact lenses are right for you. We would be delighted to discuss this more fully with you at any time”.

Why try contact lenses?

Whether you want a fresh look, the freedom to be more active, or just the ability to see as well as possible, contact lenses are an excellent alternative to glasses. They will affect how you see – and how other people see you.

Look great without glasses.

- Rediscover your natural beauty with contact lenses
- Wear them all the time or just occasionally for socialising and special events
- Enjoy the option to choose from a wide range of non-prescription sunglasses

Free yourself from glasses

- Contact lenses are ideal if you want a change from glasses or when glasses just won't do
- Get the freedom of movement you need when playing sport
- Avoid any irritating reflections, distortions or steaming up of lenses

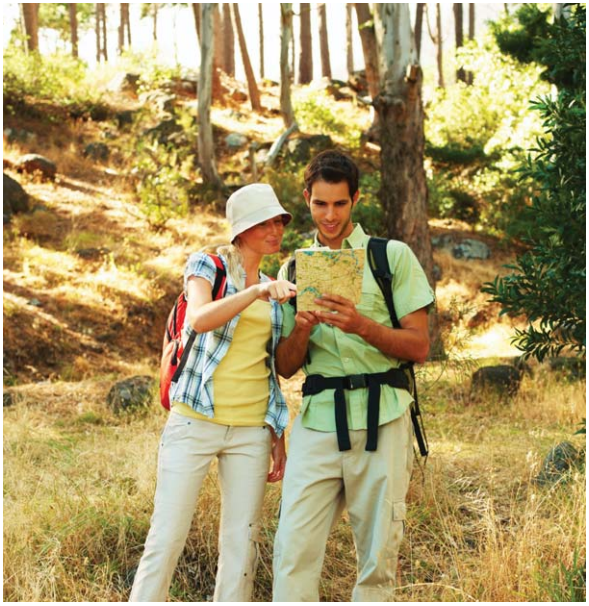
Enjoy better vision

- Experience the freedom of clear and comfortable vision
- Enjoy a full field of peripheral vision
- See clearly when you're driving - even in low light

Want to try contact lenses for yourself?

The only way to really appreciate the benefits of contact lenses is to try them for yourself.

With a free contact lens trial from Peter Ivins Eye Care it couldn't be more simple.



Types of contact lenses

Soft disposable lenses

Almost 95% of lenses prescribed today are soft disposables. Daily, two weekly and monthly replacement cycles are the most common, with daily being the most popular. They are made from two types of plastic - hydrogels and silicone hydrogels. Hydrogels are ideal for part time wear while silicone hydrogels with their superior oxygen transmission and comfort qualities are best for full time wear or challenging environments.

Lenses for Astigmatism (toric lenses)

Now available in most prescriptions and as daily disposables, modern designs of soft lenses for astigmatism give great comfort and very stable vision. Almost everyone with astigmatism can now easily wear contact lenses.

Lenses for Presbyopia (multifocal lenses)

Recent and about to be released technology in multifocal contact lens design means that no longer do we have to resort to glasses when we reach 40 and our reading vision fails (presbyopia).

New combinations of material and lens design have made wearing multifocal contact lenses a very real option for the majority of presbyopes.

Extended wear lenses

As a safer alternative to laser surgery, extended wear lenses offer up to 30 days and nights of continuous wear, and are now available in almost all prescriptions. If you are considering laser surgery you should first consider the much less intrusive option of extended wear lenses.

Specialist and rigid gas permeable lenses

Although these account for less than 5% of contact lens fits, certain eye conditions or complex prescriptions require more specialised and experienced fitting techniques and materials.

Lenses for the future?

New technology will soon be launched which will give us contact lenses with antibacterial or nutritional properties and the ability to deliver drugs to the eye. Most exciting is a new contact lens which has recently been launched in Asia which attempts to control the development of myopia (short-sightedness) in children.
This technology has major implications for the prevention and treatment of myopia worldwide.

Watch this space!

Are contact lenses a good idea for children and teenagers?

At Peter Ivins Eye Care we believe the answer to this is an overwhelming YES. Contact lenses can make a real difference to your child's life.

The benefits include all round vision, more freedom in physical activities and a boost to self-esteem. We would suggest contact lenses as a suitable alternative to glasses, even if only for part time wear.

If children and teenagers don't like the way they look in glasses, it can affect their confidence, their personality and even their performance at school. Contact lenses can have a positive effect and improve how they feel about themselves.

There's no minimum age for contacts

Lots of teenagers, and many pre-teens, wear contact lenses.

The average age at which teenagers first get contacts is currently about 12-15, but it has been shown that children as young as 5 or 6 can be mature enough - with a little help from mum or dad - to wear and care for contact lenses. Successful lens wear depends more on responsibility and attitude than age.

Are they safe?

When properly cared for and worn as instructed, contact lenses are a safe and healthy vision correction option. Unlike glasses, soft contact lenses won't break while you're wearing them and they aren't likely to pop out or be damaged in sports or other physical activities.

Daily disposables have transformed the safety and ease of adaption for young wearers and as no cleaning is required, hygiene is not an issue.

The technological advances found in modern lenses give wearers more healthy options than ever before. From the highest UV protection, to almost 100% transmission of essential oxygen to the eye, contact lenses can help keep eyes healthy for years to come.

How do I get started?

We offer a free comfort trial of contact lenses suited to your prescription. This will allow you to try contact lenses and decide if they are right for you.

Our optometrist will carefully measure and examine your anterior eye, eye lids and tear film. We will discuss what lens options are correct for you and then carefully fit some diagnostic lenses. We will also teach you to place lenses gently on the eye, carefully remove them and store them hygienically and safely if required. Learning this simple process will take about 20-30 minutes for most people.

The trial period usually lasts 1-2 weeks, at the end of which you can decide if contact lenses are right for you. If you wish to continue wearing them we will discuss the ongoing care options with you. Almost 90% of people who trial contact lenses decide to continue to wear them.

What does it cost after my initial free trial?

Once we have established that you or your child can wear lenses comfortably and safely then we ask you to register in our Eye Care for Life Contact Lens programme. Through ongoing regular consultations (usually two per year) this programme will ensure that your eyes remain healthy and your lenses are up to date with your prescription and lifestyle needs.

The current fee for the Eye Care for Life Contact Lens programme is £7.95 per month for adults, £4 per month for the under 16s.

As a member of the Eye Care for Life Contact Lens programme we will offer you any potential upgrades that may benefit your eyes in the rapidly changing world of contact lens technology, or as your lifestyle needs and prescription inevitably change.

What about lenses and solutions?

The cost of lenses will vary depending on the complexity of your prescription, lens type, how often you wear them, material characteristics, manufacturer and replacement cycle.

We will always recommend the best lens to suit your visual needs and your lifestyle. As an Eye Care for Life member you can be sure you will be buying product (lenses and solutions) at very competitive prices - even against internet suppliers. If you wish to buy and source product elsewhere and come to us for care only that's entirely your choice.

Monthly product costs will vary but typically are about £7-£14 for reusable monthly or two weekly lenses and £10-£37 for daily disposable lenses, depending on how often you wear them.

We will give you an exact cost for us to supply product before you proceed.

Do I have to sign up for a minimum period?

We ask for three months payment up front to allow us to ensure your contact lens prescription is stable and then we ask for three months notice of cancellation i.e. a minimum of six months.
Please note we will not issue a final contact lens prescription until three months after the initial fitting to ensure the prescription is suitable and stable.

What are the benefits of being a member?

Clinical benefits

- An annual contact lens examination
- Six monthly contact lens check-ups
- Any number of other appointments as clinically required
- Priority access to your preferred optometrist
- Free upgrade trials to the latest in contact lens technology
- A detailed verbal and written report of your visual status and prescription
- 24 hour emergency helpline
- Rapid access to specialist opinion if required *

* Extra consultation cost

Financial Benefits

- Ability to purchase contact lens product at low cost, comparable with internet prices
- Ability to exchange product if your prescription or lens type should alter
- Generous discounts on the cost of spectacles (25%) and sunglasses (15%) with unlimited personal purchases
- 10% discount on the cost of accessories, solutions, dry eye products and ocular nutrients
- Free parking

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World class eye care, locally

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