

Contact Lenses, the Internet and You

Where do I start?

Today 150 millions of people in Europe wear CL!
If you have not worn Contact Lenses before, or are returning to CL wear after a period of not wearing lenses :

You should consult a contact lens specialist.

Depending upon your country of residence your CL specialist may be referred to as

- an Ophthalmologist,
- a Registered Optometrist,
- a Dispensing Optician.



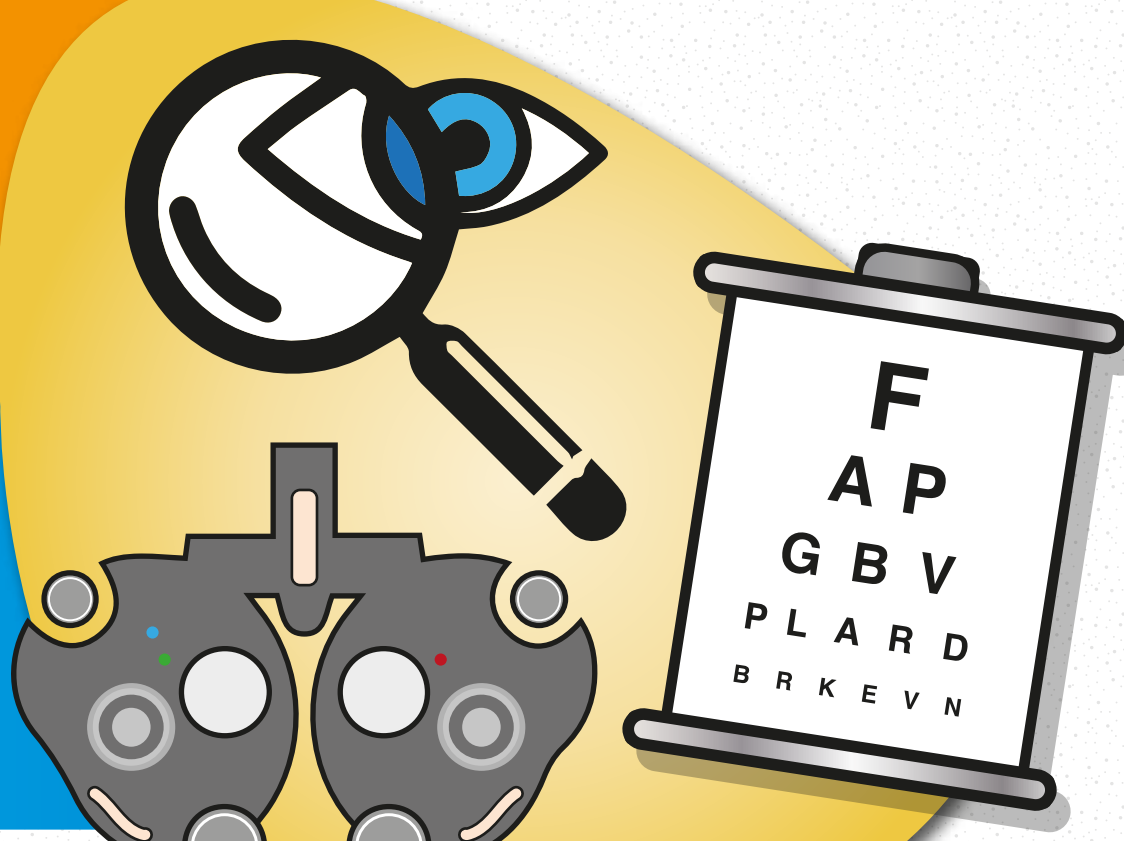
You'll probably be required to make an appointment to have your eyes examined.

What happens at the appointment?

CLs are a medical device and their development, production and fitting are carefully regulated for your protection.

Your CL specialist will use the appointment to carry out a thorough examination of your eyes to ensure they are healthy and to check that you are suitable for wearing CLs.

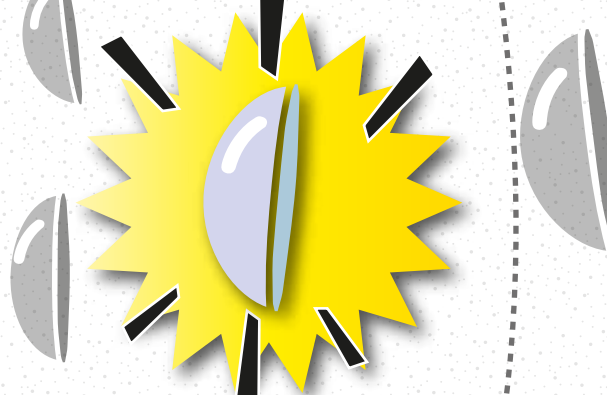
The examination will also provide your specialist with some key measurements.



What else will my specialist do?

Your specialist will probably take the opportunity to tell you about the different types of CLs that are suitable for your eyes.

Remember : not all eyes, CLs and personal needs are the same.



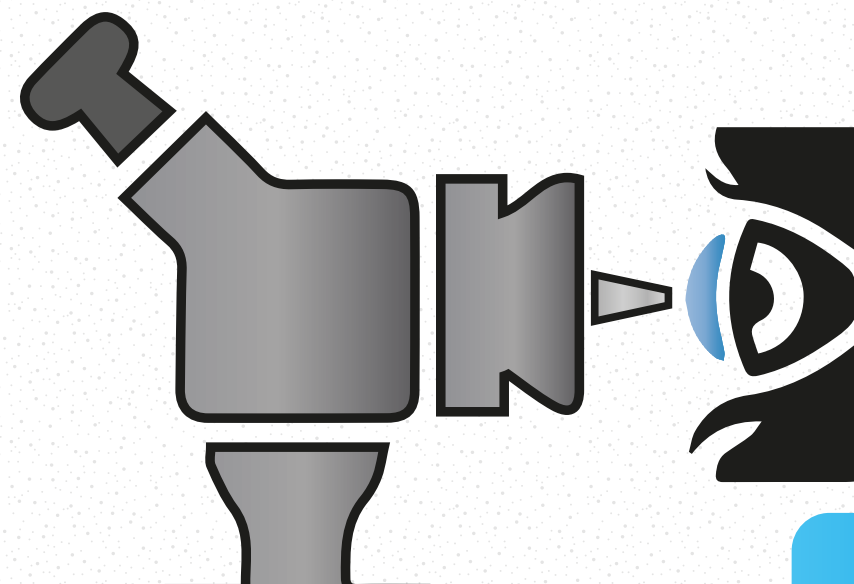
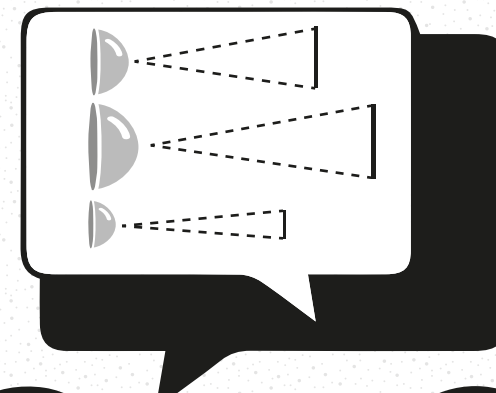
NOT ONE TYPE AND SIZE OF CL FITS ALL !



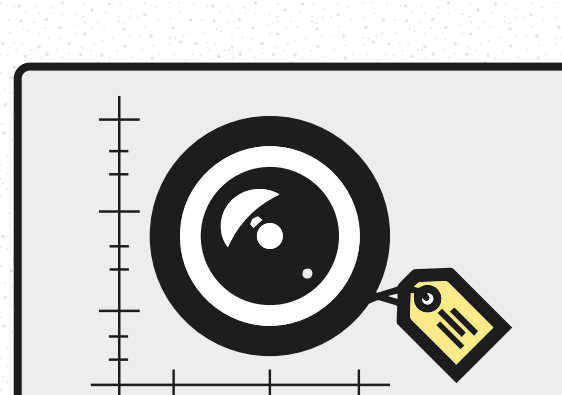
The CL specialist will also teach you how to apply and remove the CLs, how to care for them, etc.

Aftercare

At each 'Aftercare Appointment' your CL specialist will re-examine your eye, verify the CLs' performance and your satisfaction with them.



Based on what you discuss with your CL specialist and what the examination reveals, it may be that your specialist will recommend further steps with maybe a different size, shape or even type or brands of CLs.



What happens next?

You'll be provided with a copy of your CL specification that will be required by anyone looking to supply you with CLs



What if I want to get my contact lenses via the Internet?



You can do that, there are, however, some basic precautions you should take to satisfy yourself that your supplier cares as much about your eyes as you do :



- Do** see a CL specialist to find the right CLs for you, first.
- Do** check with your chosen supplier that they have qualified CL specialists overseeing their supply of CLs; if they don't you may prefer to seek another supplier.
- Do** ask for the specific CL brand and parameters you have been fitted with and are successfully wearing.
- Do** contact your CL specialist immediately if you encounter any problems with wearing your CLs i.e. reduced vision, itching, redness or pain or if you have any other concerns or questions.
- Do** see a CL specialist at least once a year to check the CLs and eye health.
- Don't** be tempted to "self select" or substitute your CLs with products appearing to be the same, because they are not.
- Don't** buy your CLs or care products from any provider that does not ask for your specification.
- Don't** accept alternative products that may be offered to you without first checking with your specialist. Despite the same numbers on the pack, CLs can still differ vastly in their shape and material which will affect their on-eye performance. Similar consequences apply to care products for re-useable CLs.
- Don't** get tempted by promotions and buy more than you need. CLs have a shelf life like many other products.

Anything else?

Yes : ENJOY YOUR CLs!
Make the most of the convenience and advantages they offer you every day. But remember :



- ✓ Apply, remove and care for your lenses as instructed by your specialist
- ✓ Don't alter the wearing and replacement guidelines issued by your specialist
- ✓ Use only the care products recommended by your specialist
- ✓ Regularly visit your specialist for continued aftercare.

