

**OPTOMETRISTS  
CONTACT LENS PRACTITIONERS  
BEHAVIOURAL OPTOMETRY  
CHILDREN'S VISION**



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**DISPOSABLE CONTACT LENS WEARING SCHEDULE RECORD**  
for

STRACHAN EYECARE Optometrists have recently prescribed you with disposable contact lenses, which are designed to be replaced on a **fortnightly / monthly** basis. To maintain optimum ocular health and minimise the risk of contact lens contamination and eye infection, it is therefore recommended that you keep a record or tally of the number of wears of each contact lens, so that you can replace the old lenses with fresh new lenses after every **14 / 30** wears.

\*Please note that most disposable contact lenses can be collected from either of our two practices the day after a new order has been placed, but please allow time for postal delays, interstate holidays etc. Alternatively we can arrange to post new contact lenses to your home or workplace.

\*We are happy to supply up to 2 replacement disposable contact lenses free of charge per year if you lose or damage a lens.

\*At STRACHAN EYECARE we offer a "Loyalty Scheme" whereby we supply every sixth regular order of your disposable contact lenses at HALF PRICE.

NEW LENS OPENED	<u>RIGHT EYE</u> NUMBER OF WEARS														<u>LEFT EYE</u> NUMBER OF WEARS													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	2	3	4	5	6	7	8	9	10	11	12	13	14
/ /	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	15	16	17	18	19	20	21	22							15	16	17	18	19	20	21	22						
	23	24	25	26	27	28	29	30							23	24	25	26	27	28	29	30						
/ /	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	15	16	17	18	19	20	21	22						15	16	17	18	19	20	21	22							
	23	24	25	26	27	28	29	30						23	24	25	26	27	28	29	30							
/ /	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	15	16	17	18	19	20	21	22						15	16	17	18	19	20	21	22							
	23	24	25	26	27	28	29	30						23	24	25	26	27	28	29	30							
/ /	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	15	16	17	18	19	20	21	22						15	16	17	18	19	20	21	22							
	23	24	25	26	27	28	29	30						23	24	25	26	27	28	29	30							
/ /	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	15	16	17	18	19	20	21	22						15	16	17	18	19	20	21	22							
	23	24	25	26	27	28	29	30						23	24	25	26	27	28	29	30							

***'Electronic Count' contact lenses cases also available from STRACHAN EYECARE***