

**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>	<u>LEFT EYE</u>
	NUMBER OF WEARS	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
	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
/ /	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