

**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 whilst we keep a small range of our most popular contact lenses in stock, 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 (we will nearly always have a suitable trial lens in stock which we will be happy to supply for those unexpected emergency situations!). Lenses can be ordered by phone, fax or email, and postage can be arranged.

At STRACHAN EYECARE we offer a **“Reward Scheme”** whereby we supply every sixth regular order of your disposable contact lenses at **40 % DISCOUNT**. *This is on top of our already well below Recommended Retail prices.*

Alternatively, we offer significant discounts for bulk ordering of your disposable contact lenses – 10% if 4 boxes are ordered, 15% for 8 boxes, including **FREE** postage.

And our **CONTACT LENS DISCOUNT CARD** entitles you to 10% DISCOUNT off all contact lens solutions and non-prescription sunglasses – you will now likely need a pair to wear over the top of your contact lenses!

| 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          |

|    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

|    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |