

Patient information

Contact lens clinics

Introduction

Contact lens clinics are run by the optometrists who are only in the hospital on **Tuesdays** each week.

Please remember to wear your contact lenses, and bring along your contact lens case and any spectacles when you attend for your contact lens appointment

You can contact your optometrist on **Tuesdays** from **8.30am to 4.30pm** on **01384 456111 ext 3620**. On all other days, you can contact the orthoptic clerical assistant in the Orthoptic Department on 01384 456111 ext. 3636 who can take messages and may be able to help with contact lenses ordering issues. The best way to order a replacement lens is to email us on **dgft.contactlenses@nhs.net**

To change your appointment, please contact our booking team on 01384 365100 option 2.

Here are some useful tips for safe contact lens wear:

- Have regular contact lens check-ups and eye tests.
- Wash and thoroughly dry your hands before handling your lenses.
- Rub, rinse and store your lenses in multipurpose or conditioning solution.
- Tap water must not come into contact with your case or lenses.
- Wipe your case daily with a clean tissue and ideally replace it monthly.
- Check the contact lens for damage before insertion.
- Discard solutions that are past their expiry date.

- Do not over wear or sleep in lenses.
- Do not swim or shower in contact lenses.
- If you cannot see well without contact lenses, we recommend purchasing a spare pair at £57 per lens.

If your eyes do not look or feel good, do not wear your contact lenses and visit your nearest Eye Casualty Department or Accident and Emergency, or contact one of the opticians involved in the Minor Eye Conditions Scheme (MECS). There is a comprehensive list at www.eyecarewm.co.uk

More information about safe contact lens wear can be found at:

<http://bcla.org.uk/Public/Consumer>

[/Important dos and dont s of contact lens wear.aspx](http://bcla.org.uk/Public/Consumer/Important_dos_and_dont_s_of_contact_lens_wear.aspx)

Payment for lenses and collection

When your contact lenses arrive at the hospital, you will receive a telephone call if relevant to ask you to collect them.

If you or your partner receive Income Support, Employment and Support Allowance (ESA), Jobseekers Allowance (JSA), or are named on a Tax Credit Exemption Certificate, please bring along proof of this including the expiry date when collecting your contact lenses and you will be exempt from payment. All other patients are required to pay £57 per lens. Any patients who lose their contact lens, even if they are normally free, have to pay £57 for each replacement.

Payments for contact lenses are only processed in person at the General Office near the hospital's main entrance. They are open Monday to Friday, 9am to 12pm and 2pm to 4pm.

**Hours for collection from the Eye Clinic:
Monday to Friday, 9am to 4.30pm**

Note: the information in this booklet is provided for information only. The information found is **not** a substitute for professional medical advice or care by a qualified doctor or other healthcare professional. **Always** check with your orthoptist if you have any concerns about your condition or treatment. This is only indicative and general information for the procedure. Individual experiences may vary and all the points may not apply to all patients at all times. Please discuss your individual circumstances with your orthoptist.

If there is anything you do not understand, or you are concerned or worried about any part of the treatment, please contact:

The **Urgent Referral Clinic team** at Russells Hall Hospital Eye Clinic on **01384 456111 ext. 3633** (9am to 4.30pm, Monday to Friday).

Eye emergency, out of hours

In case of an eye emergency after the closing hours of the Eye Clinic (including weekends and bank holidays), please contact the eye doctor on call by ringing the switchboard at:

Birmingham Midland Eye Centre on 0121 507 4440

The doctor on call is usually based at the Eye Centre, City Hospital, Dudley Road, Birmingham. They may need to call you back, and if necessary, they will arrange for you to visit them.

We are always happy to answer any questions regarding your treatment. If after reading this leaflet you still have concerns or questions, please call the department. **Tel: 01384 456111 ext. 3636**

Author: Nicky Ferguson, highly specialist optometrist

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/ophthalmology/>

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji
audio lub w innym języku. W tym celu zadzwoń pod
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0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

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