



READ ABOUT OUR SERVICES

Contact Lenses

Tired of wearing glasses?

With a fast changing world and advances in technology, we at Jan de Winnaar Optometrists fit the latest contact lens designs for a suitable patient.

What is a contact lens?

Contact lenses are medical devices that fit onto the eye to correct a refractive error and must be fitted and dispensed by a qualified person. There are various types of lenses available today.

Crazy lens series

These odd lenses are popular to be worn on special festival days such as Halloween and used for dramas or cinemas to give a special effect on eyes.



Who is the ideal patient?

Children, pensioners and anyone that needs freedom from glasses. Jan de Winnaar Optometrists will perform numerous tests to determine whether the health of your eyes will permit comfortable, crisp and clear vision while wearing contact lenses. Tests include refractive status measurement Slitlamp evaluation of the cornea, conjunctiva, tear layer and lids Topography.

On the day of fitting:

You will receive a FREE pair of trial contact lenses that will be worn for at least 3 hours. After the 3 hour trial period, Jan de Winnaar Optometrists will assess the health of your eyes, comfort level and visual acuity. If you are comfortable with wearing contact lenses and we give you the go ahead, you will be given an instruction lesson on contact lens care and handling. A follow up consultation will be scheduled one week later to assess your eyes and get your feedback.

Do's and Don'ts

- Comply with the wearing schedule as per instruction
- Do not over wear your lenses
- Wash your hands before handling contact lenses
- Clean your lenses thoroughly as instructed
- Replace disposable lenses on time
- Do not sleep with contact lenses unless extended wear lenses are prescribed
- Keep your 6 month follow up consultations and arrive with the lenses in your eyes
- Do not wear a damaged lens
- Phone immediately if you experience:
 - a) Pain
 - b) redness
 - c) discharge
 - d) changes in your vision

Inform your Optometrist if you are taking/changing medications