

**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. *More copies of this tally sheet can be printed up from our website [www.strachaneyecare.com.au](http://www.strachaneyecare.com.au)*

*For those who wear their contact lenses regularly, there are now plenty of free apps available which will alert you to when you need to change your contact lenses eg "Contact Lens Tracker."*

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

NEW LENS OPENED	RIGHT EYE NUMBER OF WEARS														LEFT EYE 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												