



### RPG CONTACT LENSES

Rigid Gas Permeable contact lenses (RGPs) are made from highly breathable stiff materials which often provide vision of better quality than that achieved with soft contact lenses. They are also more durable and their resistance to deposits on their surface increases longevity. Whilst RGPs can break if they are stepped on, they are not prone to tearing like soft contact lenses, this makes RGPs a cost effective option.

The properties of RGPs means they are commonly used for more complicated vision correction, but recently a special procedure called Corneal Re-Shaping Therapy (CRT), or Orthokeratology (Ortho-K), has been developed. This procedure is best suited to those with myopia (short sightedness) with a prescription of -0.75D up to -5.00D, and astigmatism of up to -1.50D. With this procedure custom made RGPs are worn during sleeping hours in order to re-shape the cornea and hence correct for the wearer's myopia. The lenses are removed in the morning and the wearer can enjoy the freedom from spectacles or contact lenses during waking hours.

This makes Ortho-K ideal for people who play sports, work in dusty environments, or experience contact lens dryness in their work environment but still want the freedom from spectacles.

With latest research from Asia showing the progression of myopia may be slowed by up to 50% by CRT, Ortho-K may be suitable for teenagers or young adults wanting to slow the progression of myopia..

## affordability

Prior to prescribing contact lenses our optometrist will carry out a full health check of your eyes to determine if contact lenses are an appropriate vision correction option for you. This consultation is bulk billed to Medicare.

\* *A fee is charged for any retinal photography performed.*

Your first contact lens consultation will take approximately 20 minutes. During this time our optometrist will determine the best contact lens option for you. They do this by taking detailed measurements and using trial contact lenses to establish which lenses will give you clarity of vision while providing you with the optimum level of comfort.

If you have never worn contact lenses before, your next consultation will take approximately 40 minutes. During this time you will be instructed on how to insert, remove, clean and care for your contact lenses.

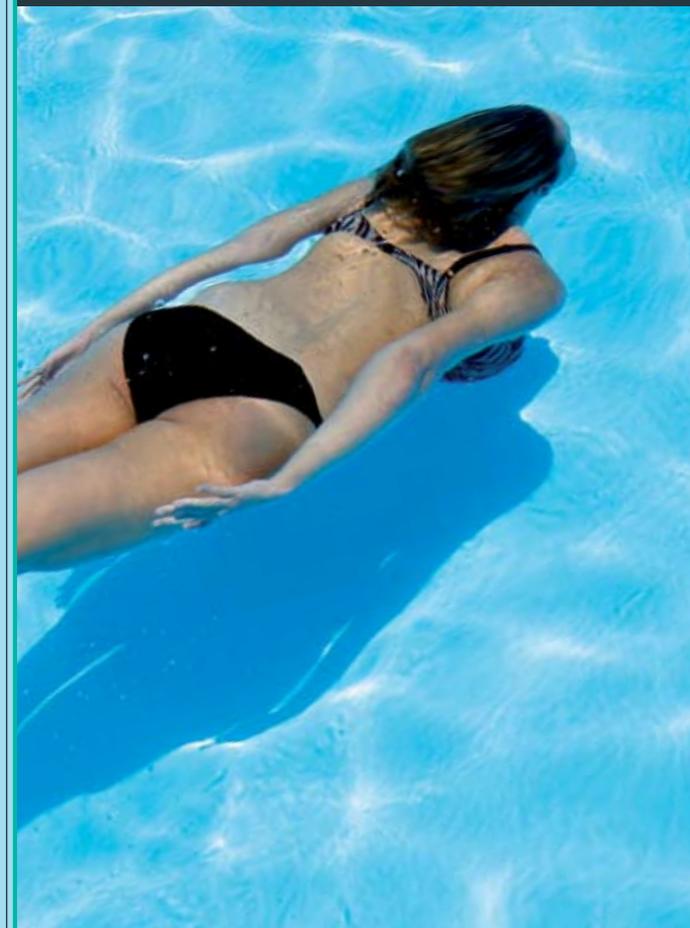
*NB: If you have worn contact lenses in the past and can confidently insert and remove your contact lenses you will not require this consultation.*

After you have trialled your contact lenses our optometrist will see you to ensure the lenses are performing to your expectations, check the clarity of your vision and answer any queries you may have.

\* *Medicare and Private Health Funds do not always cover the cost of the fees associated with contact lens consultations, therefore full payment is required at the time of the consultation. Our optometrist will be able to advise you on this matter.*

## contact us

<b>BENDIGO</b>	9 Mitchell Street 5441 8841
<b>CASTLEMAINE</b>	63 Mostyn Street 5472 1020
<b>MARYBOROUGH</b>	41 Tuaggra Street 5460 5433
<b>KYNETON</b>	99 Mollison Street 5422 3822
<b>WOODEND</b>	Shop 14, 130 High Street 5427 4577



## contact lenses

focus on your freedom





CONTACT LENSES are a great alternative for those who play sport, enjoy water activities, or, occasionally, would just like to change their look. Whatever your needs, our optometrist will help you find the contact lens to give you the freedom you deserve.

## clarity of vision

At Kosmac & Clemens we understand your eyesight is precious and we feel privileged to be able to assist you with your eye care needs.

Our optometrist will take specific measurements and use trial contact lenses to determine which size, type, and contact lens material will give you the clearest, sharpest vision possible.

### DAILY DISPOSABLE CONTACT LENSES

For less than the price of a cup of coffee you can wear a fresh set of contact lenses every day. These lenses are single use only and therefore require absolutely no maintenance, and provide the ultimate in flexibility as lenses can be worn as often or little as required. Daily disposable contact lenses are ideal for people who enjoy a busy lifestyle, travel or play sports.

### HIGH OXYGEN CONTACT LENSES

The advent of silicone polymers has revolutionized contact lens wear. "Silicone Hydrogel" lenses breathe up to six times better than standard contact lenses making them a far healthier option for your eyes, and also suitable for extended day & night wear, up to 30 days continuous wear. The latest generation of silicone polymer lenses is now available making them even more comfortable than ever.

### FORTNIGHTLY OR MONTHLY DISPOSABLE CONTACT LENSES

Replacing your contact lenses frequently is the most hygienic way to maintain successful contact lens wear, and dramatically reduces the risk of contact lens failure. These lenses are available in both the standard "Hydrogel" and "Silicone Hydrogel" materials, and your optometrist will be able to assess which disposable lens option is best for your lifestyle.

## peace of mind

At Kosmac & Clemens your eye health is our priority so you can rest assured we will do everything we possibly can to assist you in gaining and maintaining the best vision possible. If you experience any difficulty at all with your contact lenses our experienced optometrists will work with you to find a solution to suit your needs.

## comfort

New, advanced technology in contact lenses now means contact lenses are more comfortable than ever.

Our Optometrist will work with you to find a contact lens to suit your lifestyle and offers you optimum comfort.

It is our philosophy to ensure you are offered the best products available.

### CONTACT LENSES FOR ASTIGMATISM

Astigmatism correction requires a special type of contact lens called a "Toric" lens. "Toric" contact lenses come in a large range of prescriptions to suit most wearers with astigmatism. Once again they are available in both standard "Hydrogel" and "Silicone Hydrogel" materials, and in daily, fortnightly, or monthly disposable options.

### MULTIFOCAL CONTACT LENSES

When we approach the age of 40 and onwards we develop a condition called "presbyopia". This means we can no longer focus our eyes adequately in order to simultaneously view distance and near objects with clarity and comfort. This condition is easy to correct for with bifocal or multifocal glasses, but much harder with contact lenses. Recent technological advances in lens optics have allowed for the development of simultaneous viewing "Multifocal" contact lenses. These lenses work surprisingly well and allow the wearer to see adequately at all distances, negating the need for glasses for most tasks. They are also available in the "Hydrogel" and "Silicone Hydrogel" disposable options.

### COLOURED CONTACT LENSES

Contact lens wear has never been so fashionable with a large array of colours available from the vibrant through to the natural. Available in daily or fortnightly disposable options, this wearing pattern allows the wearer flexibility to change their eye colour everyday if desired. A wide range of prescriptions are available but these lenses are not available in "Toric", "Multifocal", or "Silicone Hydrogel" formats, and the usual eye care checks, as for any other contact lenses, are still required.