

# NHS Lothian Contact Lens Care for Patients with Keratoconus

Most individuals with Keratoconus will get their optimum vision with contact lenses (normally hard lenses). In Lothian region NHS contact lens care is provided on behalf of the hospital eye service by optical practices, including Cameron Optometry.

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## Keratoconus

The hospital ophthalmologist who diagnosed your Keratoconus will have explained your eye condition to you but you may still have some questions. At Cameron Optometry we are happy to answer any queries as they arise.

Keratoconus literally means "conical cornea". The cornea is the front layer of your eye and is the major focussing part of the eye, focussing the images onto the back of the eye (the retina) before these get passed to the brain.

If you have Keratoconus the cornea is not as naturally rigid as it should be and as a result bulges forward in the centre and becomes thinner and stretched in this area. This period of it changing shape typically lasts for 8-10 years and most often starts in teenage years and is stable by late twenties, although this can vary considerably between individuals.

As the cornea is no longer a regular (spherical) shape the vision is distorted, often causing shadows and haloes in your vision. These symptoms are often worse when it is very sunny and with bright lights e.g. car head lights when driving at night.

When the ophthalmologist examines your eyes at the hospital they will be checking to see if the cornea is continuing to thin. If so, they may suggest a procedure called cross linking to you. This will not improve your vision but is designed to stabilize the eye and prevent further progression.

### CONTACT LENSES:

You have been referred to Cameron Optometry because your hospital ophthalmologist has recommended contact lenses for you. Hard contact lenses work by creating a false

spherical surface in front of your cornea- thereby mimicking the shape your eye used to be. If you put glasses on, or wear a soft lens that drapes over the eye, the cornea still has the same conical shape and the vision will still be distorted.

Your initial appointment at Cameron Optometry will be with the optometrist. They will take the measurements they need and decide the best type of contact lens for you. Your second appointment is a fitting appointment and will involve calculating the exact shape and size of lens your eye needs and hopefully ordering the lens at this visit. Typically the third visit involves an assessment of the lens on your eye and your first handling appointment in which you will be taught to apply, remove and care for your lenses.

Hard lenses are not disposable and require to be cleaned at night for use the next day. Lenses typically last from 6 to 18 months. Moving forward we will continue to see you at regular intervals and ensure you have the best possible vision and comfort from the lenses.

## Cameron Optometry

We are an optical practice that has been providing hospital contact lens care for over 30 years. Although we are a community practice, the NHS covers the costs of all your appointments and heavily subsidises the cost of the lenses. Under the scheme you pay a standard contribution of £57.00 per lens, unless you are under 19 and in FT education or on certain benefits (more information will be provided at your first appointment).

Your eye doctor at the hospital eye department will refer you to us and once we receive that referral we will contact you to make your first appointment.

Our practice is based in an old Georgian town house and feels very much like a house inside rather than a hospital. There is a large comfortable waiting area where we can provide tea and coffee and plenty of space in the rooms for family / friends.

#### WHERE TO FIND US:

Cameron Optometry, 5 St Vincent Street, Edinburgh, EH3 6SW. TEL 0131 225 2235

## Your Team

#### OPHTHALMOLOGISTS AT THE HOSPITAL:

##### **Dr Ashish Agrawal, Dr Naing Latt Tint and Dr Peter Koay**

The ophthalmologists are the eye doctors who you will have already met and they will have diagnosed your eye condition and discussed their plan for monitoring your Keratoconus. Typically this involves an appointment every 6 months initially to assess if the condition is progressing or not.

Your ophthalmologist has asked the optometrists at Cameron Optometry to provide you with contact lenses to achieve the best possible vision and we will report our progress to them at regular intervals. We work closely with the ophthalmologists as a team to look after your eyes and give you the best possible outcome.

#### OPTOMETRISTS AT CAMERON OPTOMETRY:

##### **Gillian Bruce, Claire Keith, Rebecca Daly and Alexandra Young**

Our optometrists, often known as opticians, are specially trained to fit contact lenses for patients with Keratoconus.

At your first appointment they will explain your eye condition to you and give you information to take away to read at your leisure. They will also take various measurements of your eyes to help determine if you are suitable for contact lenses and which type of lenses are the best for your particular eyes. If you are not suitable for contact lenses, or at a later date cannot tolerate them we can also provide glasses for you, however the hospital do not subsidise the cost of glasses.

You may see different optometrists depending on availability and on which day of the week you attend the practice.

#### CONTACT LENS SPECIALIST AT CAMERON OPTOMETRY:

##### **Heather Muir**

Heather is an optical assistant at the practice who has trained in various anxiety issues and has taught hundreds of adults, children and families to handle contact lenses. On the recommendation of the optometrist, Heather will teach you how to manage your lenses, including all aspects of applying, removing and caring for them. We are all here to help and if that means several appointments with Heather then we are more than happy to provide this, as we know how much you will benefit from wearing the contact lenses.

**BY CAR:** there are 'pay and display' spaces located in Heriot Row, North West Circus, Circus Place and Cumberland Street. We recommend that you allow at least an hour for your first visit.

**ON FOOT:** from Princes Street, follow Frederick Street, crossing over George Street and Queen Street, and down Howe Street towards the church at the bottom of the hill. The practice is on the left hand side just before the church.

**BY BUS:** From Stockbridge, alight beside Patisserie Florentine and turn left on to North West Circus Place, follow the road around and take a left again onto St Vincent Street, the practice is on the left. (Lothian buses 24, 29 and 42)

From Dundas Street, alight near Cumberland Street and walk west along the road to where it joins St Vincent Street, turn left and the practice is on the other side of the road. (Lothian buses 23 and 27)

**BY TRAIN:** From Haymarket, leave the main entrance walk towards Princes Street take a left onto Frederick Street. Follow Frederick Street, crossing over George Street and Queen Street, down Howe Street towards the church at the bottom of the hill. The practice is on the left hand side just before the church.

From Waverley, choose an exit leading to Princes Street, on Princes Street, walk west (gardens to your left) until you reach Frederick Street. Follow Frederick Street, crossing over George Street and Queen Street, head down Howe Street towards the church at the bottom of the hill. The practice is on the left hand side just before the church.

## Accessibility

A portable ramp is available for wheelchair users or buggies. It is helpful, but not essential, to give us advance notice if this is required. There are two steps with railings on either side to enter the practice and one step into the main vestibule. The main consulting, screening and dispensing rooms are located on the ground floor, with two further consulting rooms on the first floor. If it's better for you to be seen on the ground floor, just let us know.

### OPENING HOURS:

Monday - Friday 8.45am-5.30pm

### EMERGENCY PHONE NUMBERS:

Your optometrist will provide you with an emergency phone number that you can speak to someone if your child has a contact lens problem out of our opening hours.



You will no doubt have lots of questions about the contact lenses before your first visit so do write them down and there will be time to discuss them with the team at your first appointment. We will be in touch with you soon to make that appointment and really look forward to welcoming you to the practice.



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OPTOMETRY  
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