

3-step fitting guide



As the world's leading manufacturer of multifocal contact lenses, we understand the importance of ease and accuracy during the fitting process. This simple 3-step multifocal fitting guide has everything you need to help make it easy to achieve multifocal fitting success.



Step 1 – ocular dominance and best sphere

Ocular dominance

Establishing ocular dominance is vital for accurately prescribing contact lenses to presbyopic patients. To achieve success we recommend using the blur suppression method.

When used with the patient's reading ADD as a starting point, the blur suppression method relies on critical suppression and does not suffer from the challenges caused by posture or parallax found with sighting techniques.

Method:

- Start with the most recent spectacle prescription in the trial frame.
- Add a blur lens equivalent to your patient's reading ADD to the right eye, leaving the left eye open.
- Ask your patient to look around the room, keeping both eyes open and cover the combination that vision feels with the blur lens in place using a scale from 1–10, where 1 is poor and 10 is excellent.
- Move the blur lens to the left eye and repeat the steps.
- The eye that is most bothered by the blur lens, therefore giving the LOWEST score when the blur lens is in place, is the DOMINANT eye.

Best sphere

Theoretical best sphere is calculated by adding half the cylinder to the sphere component of the spectacle prescription, although actual best sphere results can provide a more accurate outcome, especially where back vertex change needs consideration.

Establishing best sphere should always take place after establishing ocular dominance to determine any cylindrical correction can influence the blur suppression test.

Method:

- Keep the trial frame on and leave the blur lens used to establish ocular dominance in front of the left eye.
- Remove the cylinder from the right eye eye set and +1.00 DS and the distance test chart to optimise your patient's vision.
- Move the blur lens to the right eye and repeat the steps for the left eye.

Step 2 – lens selection and fitting

Daily disposables

clariti® 1 day multifocal

Third generation silicone hydrogel daily disposable lenses with PC technology to help with contact lens comfort of properties for health and comfort, providing excellent visual acuity and resolution.

Power range:	+1.00 to +0.00 D 0.25 D steps ADD up to +2.50 D 0.50 D steps
ADD:	+1.00 to +2.50 D 0.50 D steps
Base curve:	8.50mm
Diameter:	14.2mm
Water content:	56%
Material:	silicone hydrogel
Design:	HW

Proclear® 1 day multifocal

Daily disposable hydrogel lenses with PC technology to help with contact lens comfort of properties for health and comfort, providing excellent visual acuity and resolution.

Power range:	+1.00 to +0.00 D 0.25 D steps ADD up to +2.50 D 0.50 D steps
ADD:	+1.00 to +2.50 D 0.50 D steps
Base curve:	8.50mm
Diameter:	14.2mm
Water content:	60%
Material:	silicone hydrogel
Design:	HW

Monthly reusables

Biofinity® multifocal

Proclear lens generation multi-axial silicone hydrogel lenses containing key material and design elements to offer comfort and low oxygen at all distances.

Power range:	+1.00 to +0.00 D 0.25 D steps ADD up to +2.50 D 0.50 D steps
ADD:	+1.00 to +2.50 D 0.50 D steps
Base curve:	8.50mm
Diameter:	14.2mm
Water content:	46%
Material:	silicone hydrogel
Design:	HW

clariti® multifocal

Third generation multi-axial silicone hydrogel lenses incorporating key material and design elements to offer comfort and low oxygen at all distances.

Power range:	+1.00 to +0.00 D 0.25 D steps ADD up to +2.50 D 0.50 D steps
ADD:	+1.00 to +2.50 D 0.50 D steps
Base curve:	8.50mm
Diameter:	14.2mm
Water content:	56%
Material:	silicone hydrogel
Design:	HW

Proclear® multifocal and Proclear® multifocal IOL

An advanced lens generation using PC technology to help maintain vision at all distances and help keep eyes comfortable all day.

Power range:	+2.00 to +0.00 D 0.25 D steps ADD up to +4.00 D 0.50 D steps
ADD:	+1.00 to +3.00, +3.50, +4.00 D 0.50 D steps
Base curve:	8.75mm
Diameter:	14.2mm
Water content:	62%
Material:	silicone hydrogel
Design:	HW

clariti® multifocal – fitting guide

Initial trial lens selection:

Starting with best sphere results from Step 1, use the clariti® multifocal fitting guide opposite to select the initial trial lenses.

ADD	Dominant eye		Non-dominant eye	
	Myopic emmetropia	Hypertropia	Myopic emmetropia	Hypertropia
+0.75 to +1.75	BS LOW	BS LOW	BS LOW	BS LOW
+2.00 to +2.25	BS LOW	BS +0.25 LOW	BS +0.50 LOW	BS +0.50 LOW
>+2.25	BS +0.25 LOW	BS +0.25 LOW	BS +0.25 HIGH	BS +0.25 HIGH

Worked example – Myope:

Sphere	Cyl	Ax	ADD	Ocular dominance	Best sphere	Initial clariti® multifocal trial lenses
RE	-3.00	-0.75	180	+1.25 Non-dominant	-3.25	-3.25 LOW
LE	-2.75	-0.25	170	+1.25 Dominant	-2.75	-2.75 LOW

Worked example – Hypertrope:

Sphere	Cyl	Ax	ADD	Ocular dominance	Best sphere	Initial clariti® multifocal trial lenses
RE	+1.75	-0.50	180	+2.00 Dominant	+1.50	+1.75 LOW
LE	+2.25	0	180	+2.00 Non-dominant	+2.25	+2.25 LOW

Proclear® 1 day multifocal – fitting guide

Initial trial lens selection:

Select the distance prescription based on best sphere results from Step 1. Now use the guide opposite to select the initial trial lenses.

ADD	Dominant eye	Non-dominant eye (Near boost)
Up to +1.00	BS +0.50	BS +0.50
+1.25 to +2.50	BS +0.50	BS +1.25

Worked example – Myope:

Sphere	Cyl	Ax	ADD	Ocular dominance	Best sphere	Proclear® 1 day multifocal trial lenses
RE	-3.00	-0.75	180	+1.25 Non-dominant	-3.25	-2.00
LE	-2.75	-0.25	170	+1.25 Dominant	-2.75	-2.25

Worked example – Hypertrope:

Sphere	Cyl	Ax	ADD	Ocular dominance	Best sphere	Proclear® 1 day multifocal trial lenses
RE	+1.75	-0.50	180	+2.00 Dominant	+1.50	+2.25
LE	+2.25	0	180	+2.00 Non-dominant	+2.25	+3.50

Biofinity® and Proclear® multifocal – fitting guide

Initial trial lens selection:

For the dominant eye, select the relevant distance prescription based on the best sphere results from Step 1 and the prescribed reading ADD with a centre distance design.

For the non-dominant eye, select the relevant distance prescription based on the best sphere results from Step 1 and the lens design based on the prescribed reading ADD.

ADD	Dominant eye	Non-dominant eye
+1.00	D	D
+1.50	D	D
+2.00	D	N
+2.50	D	N

Worked example – Myope:

Sphere	Cyl	Ax	ADD	Ocular dominance	Best sphere	Biofinity® and Proclear® multifocal trial lenses
RE	-3.00	-0.75	180	+1.25 Non-dominant	-3.25	-3.25/0.00
LE	-2.75	-0.25	170	+1.25 Dominant	-2.75	-2.75/0.00

Worked example – Hypertrope:

Sphere	Cyl	Ax	ADD	Ocular dominance	Best sphere	Biofinity® and Proclear® multifocal trial lenses
RE	+1.75	-0.50	180	+2.00 Dominant	+1.50	+1.50/0.00
LE	+2.25	0	180	+2.00 Non-dominant	+2.25	+2.25/0.00

Step 3 – evaluation and refinement

Rather than relying solely on visual acuity, subjective scoring using real-world visual targets can help to form a more realistic picture of your patient's experience.

Getting your patient to 'lower' their vision on a scale of 1–10 (10 being the best) allows you to quickly evaluate whether your patient feels their needs are being met. Subjective scoring can also be tailored for each individual, such as vision at different distances, levels of illumination, environments or special experience.

Method:

- Evaluation**
 - Allow lenses to settle before measuring vision – preferably away from the practice environment.
 - Record a score on a scale of 1–10 for distance and near vision and each target.
 - For scores of 7 or more for both distance and near – discontinue the steps after an extended trial.
- Distance refinement**
 - Improve the distance score, add +0.25 to +0.50 to the dominant eye while keeping your patient binocular.
 - Record the subjective score.
 - Check that the near score is not adversely affected by this change.
 - In some cases, a refinement to the non-dominant eye can improve distance vision.
- Near refinement**
 - To improve the near score, add +0.25 to +0.50 to the non-dominant eye while keeping your patient binocular.
 - Record the subjective score.
 - Check that the distance score is not adversely affected by this change.
 - In some cases, a refinement to the dominant eye can improve near vision.

Your evaluation example



Distance evaluation example



Patient satisfaction and success – top 10 tips

- Assess motivation and visual needs. Success with multifocal contact lens fitting begins with a fully comprehensive understanding of your patient's needs. Identify existing symptoms, lighting and frequency of use will all assist in managing expectations and leading the fitting experience.
- Use the most recent eye examination result. An up-to-date eye examination is the perfect platform to start assessing visual demands and best sphere results. To ensure a positive prescribing experience for both you and your patient, don't be tempted to rely on our dated information.
- Carefully consider astigmatic predeviation. Under-corrected cyl are attributed to significant contact lens discomfort, so always assess each patient on their own merits and motivation. Remember, higher cylinder values, when coupled with moderate to high levels of myopia, reduce significantly when back vertex correction is made, especially if you're fitting these patients, for patients whose astigmatism requires correcting, choose Proclear® Multifocal IOL.
- Follow the product-specific fitting guide. This integrated fitting guide has been developed as a result of extensive clinical trials. It details the most successful strategies for selecting the initial dispensed lenses, along with the most effective methods to quickly achieve the desired result.
- Assess vision in good illumination and with REDUCED TARGETS. Ask your assessment with reference to the visual goals of your patient rather than attempting to meet the eye examination results, as this is a more realistic indicator of success.
- Use hand-held trial lenses to refine the PROCEPTECH. To reflect real-world scenarios, it is important to assess vision as naturally as possible. Keep your patient binocular at all times, especially when refining the prescription as this will deliver the most realistic results. Avoid prescriber heads and trial frames in order to maintain the natural pupil size.
- Assess fit. When completing your assessment of fit, pay particular attention to centration. Centration in myopic multifocal contact lenses and the best results are obtained with well-centred lenses.
- Take care when refining the prescription. Focus on adding spherical power to the prescription during refinement rather than altering the ADD power. Make sure that any refinement changes you make don't adversely impact on other aspects of vision.
- Review regularly. Small changes can have a disproportionate impact on vision. Consider a 6-12 month review to ensure that you are achieving your target +1.00 DVA changes.
- Give advice. Wearing sunglasses on bright days and increasing lighting to boost close vision are simple suggestions to help your patients enjoy being spectacle-free for the majority of the time.