

For crisp, clear vision at all distances follow these simple steps

STEP 1

Up-to-date spectacle refraction

Least minus/most plus, vertex corrected, distance vision correction with near addition.

Calculate best sphere (BS) for distance vision.

Establish ocular dominance by blur test

Wearing distance correction with both eyes open and viewing 6/6 line pass a +2.00 lens alternately in front of each eye. The eye in which the blur is more noticeable with the +2.00 lens is the dominant eye.

STEP 2

Lens selection

Starting with Best Sphere for distance vision use the table below to select the initial trial lens:

| | Ocular Dominance | Spectacle ADD +0.75 to +1.75 | Spectacle ADD +2.00 to +2.25 | Spectacle ADD +2.50 and over |
|-----------|------------------|---------------------------------|---------------------------------|---------------------------------|
| Hyperopes | Dominant Eye | BS LOW | BS +0.25ds LOW | BS +0.25ds LOW |
| | Non Dominant Eye | BS +0.25ds LOW | BS +0.50ds LOW | BS +0.25ds HIGH |
| Myopes | Dominant Eye | BS LOW | BS LOW | BS +0.25ds LOW |
| | Non Dominant Eye | BS LOW | BS +0.50ds LOW | BS +0.25ds HIGH |

Fitting guidelines for initial lens selection for clariti™ 1day multifocal

BS = Best Sphere LOW = Low ADD HIGH = High ADD

STEP 3

Initial adaptation

Allow lenses to settle for at least 20 minutes outside of the consulting room and in a 'real world' setting.

During this adaptation time the wearer should be encouraged to look at both distant objects such as road signs or buildings and near objects such as a watch or a mobile phone.

STEP 4

Evaluate trial lenses

First acquire patient's subjective assessment of distance and near vision on a scale of 1-10 where 10 is good.

Measure distance and near vision under binocular conditions.

If vision and fit are acceptable dispense trial lenses with a follow up assessment in one to two weeks.

If vision is satisfactory it is highly recommended that further enhancements of vision are not attempted at this initial visit as the wearer needs to adapt to the lenses in their own environment.

If enhancement is needed at this stage:

- To improve distance vision add -0.25DS to the dominant eye
- To improve near vision add +0.25DS to the non-dominant eye

Contact Lens Fitting Guide

**Harold Aaron Stein, Bernard J.
Slatt, Raymond M. Stein**



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