

Contact Lens Service Package: Fitting Guide

This guide is designed to help Eye Care Professionals provide the best contact lens fitting experience for their patients in 5 easy to follow steps :

5 easy to follow steps





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PATIENT UNDERSTANDING

Objective : Identify the needs and understand the lifestyle of your patient using the ACUVUE® Brand Philosophy guide to ensure that together you can select a suitable contact lens that meets their expectations

History - Ask about symptoms, including dry eye, previous ocular history (P.O.H) and general health (G.H) Talk about their lifestyle including work, hobbies, hours on digital devices etc

Motivation - Ensure the patient understands the benefits of contact lenses and will respect hygiene and wearing recommendations.

PRE FITTING EYE EXAMINATION

Objective : To assess the distance refraction and anterior segment of the eye in order to select and fit the patient with the best contact lens.

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Refraction - Determine the full sphere/cylindrical prescription using normal refraction techniques.

Eye Anterior Segment - Should be evaluated using a slit lamp and findings recorded with the help of grading scales.

Tear Film Evaluation - Check the tear prism height and tear breakup time using fluorescein.

Note : Keratometry readings are a poor indication of a soft lens fit, and several studies have shown no correlation between either central or peripheral K-readings and the best fitting soft contact lens. Trial fitting is strongly recommended.





CONTACT LENS SELECTION AND FITTING ASSESSMENT

Objective : Selection of contact lens type, lens parameters, trial lens fitting and fit assessment. It is always recommended to start with a daily disposable lens

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Lens Choice - Using the ACUVUE® Brand Philosophy guide select the appropriate lens for your patient explaining the brand name, replacement frequency, lens material and benefits it offers to the patient.

Trial Lens Selection - Use the ACUVUE® product guides to get specific fitting steps for each brand.

Base Curve - If there are two base curves (BC) we recommend you start with the steeper BC when choosing your first trial lens.

Back Vertex Power (Lens Power) - should be as close as possible to the patients' prescription so they can see clearly. Use BVD Charts

Contact Lens Fitting - The lens fit should be assessed a few minutes after insertion.

Lens Centration, Coverage and Movement - The lens should remain approximately central to the cornea in all positions of gaze and alignment. Check corneal coverage in all positions of gaze, lens should align to corneal contour. On blink 0.2 to 0.5 mm is generally considered enough movement.

Satisfactory Push-Up Test - To judge the dynamic fit of the lens. A well-fitted lens will move freely when pushed upward with finger tip pressure and return quickly to its original position.

For Toric Contact Lens Fitting - The position of markings on the lens should be determined. If the orientation is up to 30° the CAAS (clockwise add, anti-clockwise subtract) method can be used to recalculate the cylinder axis. Achieving good comfort and stable vision (with over-refraction).

CONTACT LENS HANDLING AND CARE

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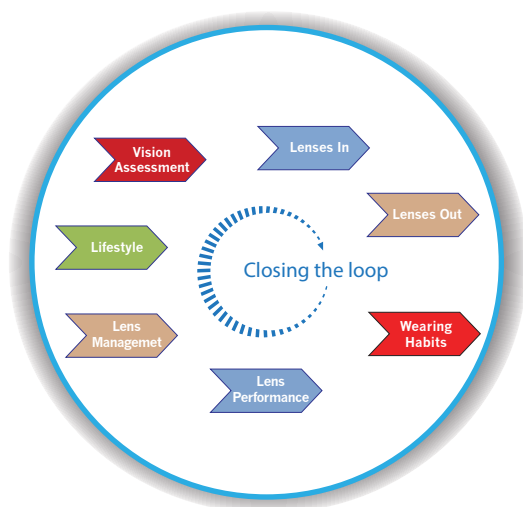


Objective : To teach the patients how to insert and remove contact lenses, and use the correct care system. Ensure EVERY patient is given an ACUVUE® Patient Instruction Guide.

Lens Insertion & Removal - Train patient in insertion and removal (see guide). The patient should demonstrate the ability to handle contact lenses without assistance.

Lens Care - Determine which contact lens care system is best for the patient and how to clean, disinfect, and store contact lenses. Make sure that your patient understands that good hygiene and following the recommended contact lens replacement schedule is vital for healthy contact lens wear.

Note: The patient should be informed that in the case of discomfort or redness/blur they should contact their Eye Care Professional immediately



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AFTER CARE AND FOLLOW UP

Objective : To assess contact lens fitting, and patients' care compliance and overall satisfaction. Reduce patient drop out.

Drop Outs - We know that many new contact lens wearers drop out within the first 2 months of wear – this is why we

recommend you see your patient again to discuss any symptoms and concerns the patient may have. Re-assess the contact lens fit at this time.

Follow Up Appointment - Schedule a patient follow up visit two weeks after the first contact lens fitting date. Re-assess the contact lens fit at this time.

Lens Care - Assess the patient's skills in contact lens handling, hygiene, lens care and the replacement schedule.

Lens Performance - Assess visual acuity, comfort and lens fit, examine the anterior segment.

Regular Visits - Encourage the patient to regularly visit an eye care professional for a routine checkup at least once every 6 months (**even if the patient feels comfortable**).

Note : If the patient can not attend the follow-up appointment for any reason, a follow-up phone call is recommended to ensure that the patient's first contact lens experience is successful.