

## FITTING GUIDE

### Initial Lens Selection

Begin your diagnostic fitting with a vase curve slightly steeper than the "average" of the patient's "k" reading or "sim k's".

### Insertion

During the diagnostic procedure, it is important to eliminate air bubbles that might become "trapped" between the cornea and the lens. Although the following method of insertion takes a bit more time to place the lens on the eye, it will save time during the diagnostic procedure.

1. Clean the lens thoroughly with an approved GP cleaning solution.
2. Rinse the cleaning solution from the lens.
3. Balance the lens, concave side up, between your index and forefinger.
4. Completely fill the contact lens with GP wetting solution.
5. Dip a fluorescein strip into the solution pooled in the lens. This will allow you to evaluate the fluorescein pattern.
6. Position the patient so their face is parallel to the floor.
7. With the lens still on your fingers, position your hand between the floor and the patient's eye. Then move the lens straight up, vertically onto the patient's eye. The solution in the lens will then displace air that might have become "trapped" in the lens. This technique requires more solution to place the lens on the eye, but it will save valuable time during the diagnostic process.
8. Allow the lens settle for about 5 to 10 minutes prior to performing evaluation.

### Evaluation

1. **The lens should position centrally**  
If the lens positions low, select a flatter base curve.
2. **The lens should exhibit minimal movement**  
About 0.5mm with the blink
3. **The lens should have no conjunctival drag**  
Using the Bio-Microscope, look through the edge of the lens and focus on a blood vessel in the conjunctiva. If the blood vessel moves with the lens during blink, the base curve is too tight (steep). Choose a flatter base curve and repeat the above process.
4. **The lens should not exhibit edge "stand off"**  
If edge stand off is present and there is no conjunctival drag, choose a steeper base curve.
5. **The lens should exhibit "vaulting" over the limbus**  
A faint fluorescein band should be seen over the limbal margin.
6. **The lens should not exhibit "seal off"**  
A ring (360 degrees) of touch. If a 360 degree ring of touch is present and near the edge of the lens, select a flatter base curve.
7. **The lens should provide good acuity with a spherical over-refraction.**

