

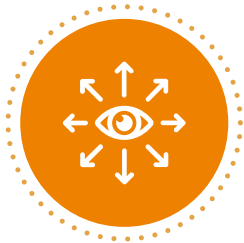


OPTIMIZE

# MULTIFOCAL SOFT LENS FITTING



**42.5%**  
OF NORTH AMERICANS ARE PRESBYOPIC  
(> 45 years old)<sup>1</sup>



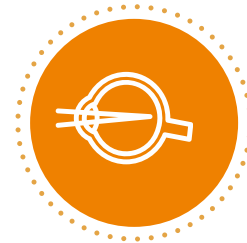
## 01 OFFER

Be proactive and offer multifocal (MF) soft contact lenses to your patients - they may not know these exist!



## 02 EXPECTATIONS

Understand how often your patient hopes to wear MF contact lenses and the range of activities they typically carry out.



## 03 REFRACTION

Determine the patient's full refraction and ocular dominance. Evaluate functional near add by using hand held digital devices such as phones or tablets.



## 04 SELECTION

Choose a spherical or a toric MF lens depending on their prescription to maximize vision satisfaction.



## 05 GUIDE

Follow the manufacturer's fit guide. Each brand is optimized for success when the fit guide is used.



## 06 EXPERIENCE

Provide real-life experience. Is your office in a mall? Send them shopping or on a walk to give the lenses a try.



## 07 FEEDBACK

Ask your patient about their MF lens satisfaction and focus on real-world tasks for distance and near vision, along with lens comfort.



## 08 OPTIMIZE

If they are not happy, and optimization as per fit guide doesn't provide a better outcome, try a different lens brand.<sup>2</sup>



## 09 TRAINING

Make sure your patient feels confident to handle the lenses. Do they need a magnifying mirror? Train them on safe wear and care practices, and also review these instructions with experienced wearers.



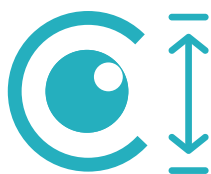
## 10 TESTING

Allow your patient to try the MF lenses at home for a few days and schedule a return visit or phone call to check on their progress.



## 11 STAY CONNECTED

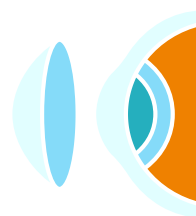
Follow-up with your patient after 3-6 months: Are the lenses providing good vision for all of their favourite activities? Are they comfortable to wear or would your patient benefit from additional dry eye management options? Also remember that near-add power may change quickly in young presbyopes!



Success often looks like 80-90% of time functional good vision with soft MFs, with the option to top up with readers for specific detailed near tasks or in low illumination.

### DID YOU KNOW?

Poor vision and discomfort are often the primary reasons for discontinuation of contact lens wear in the presbyopic population.<sup>3,4</sup>



To determine ocular dominance, all manufacturers recommend using the blur method over the sighting method.<sup>5</sup>

1. Canadian Census 2021, US Census 2023

2. Lazon de la Jara P et al. Multifocal contact lens success predictability. *Cont Lens Anterior Eye*. 2024 Apr;47(2) 102105

3. Rueff EM et al. A Survey of Presbyopic Contact Lens Wearers in a University Setting. *Optom Vis Sci*. Aug 2016;93(8):848-54. doi:10.1097/OPX.0000000000000881

4. Novillo-Diaz E et al. Fitting success for three multifocal designs: Multicentre randomised trial. *Cont Lens Anterior Eye*. Jun 2018;41(3):258-262. doi:10.1016/j.clae.2017.12.012

5. Luensmann D et al. Are all multifocal fitting steps the same across brands? *Optician*. 2023;October 2023