GENERAL

proclear 1 day multifocal fitting guide

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Introduction

Modern vision correction demands lenses that not only correct refractive errors but also adapt to the dynamic visual needs of everyday life. **ProClear 1-Day Multifocals** represent a breakthrough in daily disposable contact lens technology, offering patients the convenience of a single day wear schedule combined with the clarity of multifocal vision. This comprehensive guide walks you through every step of the fitting process—from initial assessment to post fit follow up—ensuring a smooth transition for both clinicians and patients. Whether you are a seasoned optometrist or a new practitioner, understanding the nuances of ProClear's design, material properties, and fitting strategy will help you maximize patient satisfaction and reduce the risk of complications.

What Are ProClear 1-Day Multifocals?

ProClear 1-Day Multifocals are daily disposable lenses crafted from advanced silicone hydrogel technology. They feature a **dual zone design** that delivers clear vision at distance, intermediate, and near ranges, making them ideal for users who engage in activities such as computer work, reading, and driving. The lenses incorporate a **high oxygen permeability (Dk/t)** of 104, which maintains corneal health even during extended wear. Additionally, the proprietary *ProClear™ Comfort Coating* reduces protein deposition and enhances wettability, ensuring that the lenses stay moist and comfortable throughout the day.

Key Features

- Daily disposable convenience: No overnight cleaning or storage required.
- Multifocal optics: Smooth transition between vision zones.
- High oxygen permeability: Supports corneal health.
- ProClear™ Comfort Coating: Reduces dryness and deposits.
- Wide range of sphere and cylinder powers: Suitable for a diverse patient population.

Why Choose ProClear 1-Day Multifocals?

Choosing the right lens is critical for achieving optimal visual outcomes and patient adherence. ProClear 1-Day Multifocals stand out for several reasons:

1. Convenience: The daily disposable model eliminates the need for cleaning solutions, reducing the risk of microbial keratitis.
2. Enhanced safety: The high oxygen transmission protects against hypoxia related complications.
3. Comfort: The advanced coating and soft silicone hydrogel matrix minimize lens movement and irritation.
4. Versatility: The lens can accommodate patients with astigmatism up to –3.00 D and spherical powers from –8.00 to +3.00 D.
5. Predictable outcomes: The dual zone design has been validated in multiple clinical studies, showing high rates of successful visual acuity across all distances.

Patient Selection Criteria

While ProClear 1-Day Multifocals are suitable for a broad patient base, certain factors should be considered during

the selection process:

- Refractive stability: Patients should have stable refraction for at least 12 months.
- Corneal health: No active ocular surface disease or severe dry eye.
- Previous lens experience: Ideal for patients who have successfully worn daily disposables or have transitioned from monthly lenses.
- Lifestyle demands: Patients requiring clear vision at multiple distances (e.g., office workers, gamers, drivers).

Contraindications

ProClear 1-Day Multifocals are not recommended for:

- Patients with active ocular infections or inflammation.
- Individuals with severe dry eye syndrome who have not responded to lubricants.
- Patients with irregular corneas or keratoconus (unless specialized designs are available).

Pre Fitting Assessment

A thorough pre fit examination sets the foundation for a successful lens fit. The following components should be included:

1. Visual Acuity and Refractive Assessment

Perform a complete cycloplegic refraction to determine accurate sphere, cylinder, and axis values. Document both distance and near corrections, as this information will guide lens power selection.

2. Ocular Health Evaluation

- Slit lamp examination: Look for corneal staining, conjunctival hyperemia, and tear film quality.
- Corneal topography: Identify any irregularities that might affect lens fit.
- Tear film break up time (TBUT): A TBUT of >10 seconds indicates adequate tear stability for daily disposables.

3. Lens History Review

Ask about prior contact lens experience, including any discomfort, infections, or lens types used. This information helps anticipate potential challenges during fitting.

4. Patient Education

Discuss the benefits and responsibilities associated with daily disposable lenses. Emphasize the importance of not reusing lenses, proper disposal, and adherence to the prescribed wear schedule.

Lens Selection Process

Choosing the correct power and design is crucial. Follow these steps:

1. Determine the Multifocal Design

ProClear 1-Day Multifocals come in a **single vision** and a **multifocal** version. For patients requiring multifocal correction, select the multifocal design.

2. Calculate the Add Power

Use the **add power formula** based on the patient's age and near vision needs. For example, a 45 year old patient may require an add of +1.50 D.

3. Choose the Appropriate Lens Power

Select the lens that matches the patient's sphere and cylinder values while incorporating the calculated add power.

Verify that the lens power is within the available range of the ProClear line.

4. Verify Lens Material Suitability

Ensure that the lens material's oxygen permeability (Dk/t) is adequate for the patient's corneal thickness and tear film characteristics.

Fitting Steps

The fitting process involves a combination of objective measurements and subjective patient feedback. Use the following workflow:

1. Lens Trial Placement

Place the lens on the patient's eye and observe lens centration, movement, and fit. Key indicators include:

- Lens should sit on the cornea with minimal edge lift.
- Movement should be smooth and not excessive.
- No excessive lens rotation that could affect the astigmatic correction.

2. Visual Acuity Testing

Assess distance, intermediate, and near visual acuity using a standardized chart. Record the results to compare against pre fit measurements.

3. Comfort Assessment

Ask the patient about any sensations such as dryness, pressure, or foreign body sensation. Use a 0–10 scale to quantify comfort.

4. Adjustments if Needed

If the lens does not meet the fit or comfort criteria, consider:

- Switching to a different lens size or power.
- Re centering the lens using a lens re centerer.
- Adjusting the add power if the patient reports difficulty with near vision.

5. Final Confirmation

Once the patient reports satisfactory vision and comfort, document the fitting details and provide instructions for daily use.

Troubleshooting Common Issues

Even with a meticulous fitting process, some patients may encounter challenges. Here are common problems and solutions:

1. Lens Discomfort

Possible causes: improper centration, inadequate lubrication, or high add power. Solutions: re center lens, recommend lubricating eye drops, or adjust add power.

2. Reduced Visual Acuity at Near

Check the add power and ensure the lens is correctly aligned. If the add is too low, increase the add power by 0.25–0.50 D increments.

3. Lens Displacement During Eye Movement

Consider a lens with a slightly larger diameter or a different toric design to improve centration.

4. Dry Eye Symptoms

Recommend preservative free lubricants and ensure the patient is using the lenses as prescribed. If dryness persists, consider a lens with a higher water content or a different material.

Post Fit Follow Up

Regular follow up appointments are essential to monitor lens performance and ocular health. Schedule a check in 1–2 weeks after the initial fit and then annually. During each visit, assess:

- Corneal health via slit lamp examination.
- Patient comfort and visual satisfaction.
- Any signs of lens deposits or wear.
- Adherence to daily disposal instructions.

Patient Counseling Tips

Effective communication enhances compliance and satisfaction. Use the following pointers when counseling patients:

- Explain the importance of daily disposal and the risks of reusing lenses.
- Show the proper lens insertion and removal technique.
- Discuss the need for regular follow up and how to report any issues promptly.
- Encourage the use of preservative free lubricants if dryness is a concern.

Case Study: Transitioning a Myopic Office Worker

Patient Profile:38 year old male, myopic with a spherical equivalent of –4.00 D, moderate astigmatism of –1.00 D at 180°, and age related presbyopia requiring +1.75 D add.

Challenge: The patient had been wearing monthly monofocal lenses and reported difficulty focusing on intermediate distances during computer work.

Solution:A ProClear 1-Day Multifocal lens with a +1.75 D add was selected. The lens was properly centered, and the patient reported improved intermediate vision immediately. Comfort remained high, and the patient adhered to the daily disposable regimen without complications.

Outcome: Within one month, the patient achieved 20/20 distance, 20/25 intermediate, and 20/20 near vision. He reported increased productivity and satisfaction with the lens.

Frequently Asked Questions

1. Are ProClear 1-Day Multifocals suitable for astigmatic patients?

Yes. ProClear offers a toric multifocal design that corrects astigmatism up to –3.00 D.

2. How long can I wear a ProClear 1-Day Multifocal?

The lenses are designed for daily wear only. They should be discarded at the end of each day.

3. Can I use eye drops while wearing ProClear lenses?

Yes, but avoid drops containing preservatives. Use preservative free

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