LifestyleGP Fitting Guide

Parameter Selection:

Initial EQ/Base Curve Selection

The base curve is not critical to the fitting of the LifeStyle Gp lens since we use the second aspheric curve (EQ) to essentially align with the cornea and achieve the desired fit. By using elliptical aspheric curves, we match more naturally, the flattening of the cornea. This also increases comfort by eliminating junction curves.

EQ	BC
7.00	6.82
7.10	6.92
7.20	7.02
7.30	7.12
7.40	7.23
7.50	7.33
7.60	7.44
7.70	7,53
7.80	7.64
7.90	7.74
8.00	7.85
8.10	7.94
8.20	8.04
8.30	8.14
8.40	8.24
8.50	8.34
8.60	8.44
8.70	8.54
8.80	8.64
8.90	8.76

1. If 1.00D or more of corneal astigmatism, use the Flat K, convert to millimeters and round* off to the nearest tenth. That is your EQ.

If less than 1.00D of corneal astigmatism, subtract 1.00D from the steep K, convert to millimeters and round* off to the nearest tenth. This is your EQ.

Note: When rounding, values ending in 0.50D should be rounded down to the nearest tenth.

2. Determining Diameter

Diameter selection chart	
Use the following guidelines when there is less than 1.50D of corneal astigmatism.	
Diameter	
9.0	**If the EQ is 7.80 or steeper.** **If the EQ is 7.90 or flatter.**
9.5	
10.0	

Diameter selection chart	
Use the following guidelines when there is 1.50D to 2.50D of corneal astigmatism.	
Diameter	
9.5	**Select the 9.5 diameter.**

Diameter selection chart	
Use the following guidelines when there is greater than 2.50D of corneal astigmatism.	
Diameter	
10.0	**Select the 10.0 diameter.**

2. Determining Distance Power.
Add -.50D of power to the spherical power of a minus cylinder refraction.

3. Add Requirements

The lens is manufactured with a standard back surface add of +1.50D with additional plus available on the front surface (moving in .25D steps), to ultimately satisfy up to a +3.00D add requirement.
3. Lens Position and Movement

Evaluate lens position and movement; the ideal fit will be superior central (upper lid attachment) with a fluorescein pattern that demonstrates alignment along the flattest corneal meridian. Make base curve and diameter changes accordingly (see Troubleshooting guide).

4. Lens Power

Perform your over-refraction with loose trial lenses to determine the final distance Rx. Expect final Rx to be -0.50 D more than the existing contact lens Rx. Place the over-refraction in a trial frame and evaluate the transition from distance to near vision. If the over-refraction leads to acceptable distance but unacceptable near vision, reassess your base curve and/or add selection.

I*mportant Note:* *In order to maximize the ADD available in each series, the lens needs to translate upward along the vertical corneal meridian as the patient looks from distance to reading tasks. An upper lid attachment will facilitate the upward transition of the lens.*

Fitting Suggestions

When to Flatten the Lens
If the lens is tight or uncomfortable.
If an emerging presbyope (+1.50 or less) doesn't seem to be getting into the add.
If the lens doesn't seem to be moving with the lid.
If there are near vision problems.
If the lens is not translating.
If, when over-refracting, there's cylinder.

When to Steepen the Lens
If the lens is too loose.
If there are distance vision problems
If there is excessive lens edge lift.
If there is corneal molding, corneal edema or mucus build-up.

If the lens drops after frequent wear.

Spectacle Blur
If there is any spectacle blur, take the K readings after wear of the lenses and compare the readings with previous K readings.
If the K's are flatter, the EQ should be steepened and the power adjusted by -.25D.
If the K's are steeper, the EQ should be flattened and the power adjusted by +. 25D.

When to Use a Larger Diameter
If the lens pops out.
If vision is blurred when blinking.
If ghosts appear when patient turns their head.
If there is flare around the edges.
When there is 1.50 diopters or more of corneal astigmatism.
If the optic zone needs to be increased.
If the lens drops and you can't go any steeper.
When there are high plus powers in lenses.

When to Use a Smaller Diameter
When the lens needs to be brought up and EQ can't go any flatter.
When the edges are too thick.
When there are high minus power in the lenses.