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## **Bifocal Hydrogel Contact Lenses: “Don’t be afraid to try”**

### **Why Bother?**

- Educate Yourself to Select Appropriate Candidates
  - Patient Needs
  - History
  - Motivation
- Educate Yourself on How to Fit Lenses Successfully
  - Set Realistic Expectations
  - Be Optimistic
- Educate Yourself on Troubleshooting Strategies

### **Communication with Patients**

- Describe All Options
- Discuss Compromises
- Verify Motivation
- Determine Needs & Expectations

### **Prefitting & Prescreening**

- Evaluation of Previous Lenses
- Physical Measurements
  - Tear Quality
  - Tear Quantity
  - Pupil Size
  - Lid Position

#### Prescription Characteristics

- Poor Candidates
  - Low Refractive Error
  - High Add Power
  - High Sensitivity
  - Acuity not correctable to 20/20
  - Cylinder greater than .75 Diopters

#### General Information

### **Presbyopic Lens Options—Fitting Cascade**

- Reading Glasses over Distance Contact Lenses
- Monovision

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Multifocal Contact Lenses  
Enhanced Monovision

### **Diagnostic Fitting of Simultaneous Multivision Designs**

Center Near: Maximum Plus Power Centrally

Aspheric

Front Surface Asphericity Generates Increased Minus

Concentric

Maximum Plus Centrally

Pupil Size Critical

Determine Proper Add Zone Size

Center Distance: Maximum Minus Power Centrally

Aspheric

Back Surface Asphericity Generates Increased Plus

Concentric

Need Large Pupil for Good Near Vision

Multiple Zones

Distance Zone Outside Near Zone to Aid Distance Vision

### **Troubleshooting**

Poor Distance Acuity

Poor Near Acuity

Poor Distance And Near Acuity

### **Keys to Success**

Establish Realistic Expectations

Obtain Accurate Baseline Refraction

Allow Lenses Time to Adapt

Assess Vision Binocularly & Under Normal Room Lighting

Make Minimal Power Changes to Address Symptoms