

# YOU'VE GOT TO BE FITTING ME!

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## Course Description

Fitting eyeglass frames properly is crucial to ensure comfort, optimal vision and overall satisfaction for patients. Every patient is unique and there may be additional steps based on individual needs and preferences. The goal of this course is to teach opticians how to achieve a comfortable and stylish fit that provides clear vision to align with the patient's eyecentricity.

## What are the Complaints?

- Discomfort
- Distorted Vision
- Slipping Forward
- Fogging
- Eye Fatigue
- Light Sensitivity
- Difficult to Adjust
- Eyelashes or brows
- Frame Imbalance
- Allergic Reactions
- Color Distortion

# PREPARATION

UNDERSTANDING YOUR CLIENT IS KEY

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# RULES OF ENGAGEMENT

CHECK THE MIRROR!

HAVE FUN!

PAY ATTENTION & LISTEN!

BE HONEST!

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**What brand is that?**

LET THEM KNOW!

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## MARKETING OR ADVERTISING?

- THEY BOTH INVOLVE PROMOTING
- THEY BOTH ARE CREATIVE IN THEIR APPROACH
- THE BOTH ARE ESSENTIAL TO YOUR BOTTOM LINE

## MANDATORY ADJUSTMENTS



- Standard Alignment
- Four Point Touch
- Horizontal Alignment
- Vertical Alignment

## Frame Fitting Basics

1. FIT THE FRAME TO THE WIDEST PART OF THE FACE
2. THE BRIDGE MUST REST EVENLY ON BOTH SIDES OF THE NOSE
3. TOP EYEWIRE SHOULD SUPERIMPOSE THE NATURAL BROWLINE
4. THE TEMPLE BEND SHOULD OCCUR AT THE TOP OF THE EAR OR SLIGHTLY BEHIND THE TOP OF THE EAR



## FRAME SELECTION



- Cosmetic Considerations
- Frame and Facial Shape
- Facial Types\*
- Take it easy

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### SADDLE BRIDGE

FOLLOWS THE CONTOUR OF THE NOSE

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### KEYHOLE BRIDGE

RESTS EVENLY ON BOTH SIDES OF THE NOSE WITHOUT TOUCHING THE TOP OF NOSE

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### **UNIFIT BRIDGE**

SMOOTH UNINTERRUPTED FIT PREVENTING GLASSES FROM SLIPPING

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### **ADJUSTABLE NOSE PADS**

IDEAL FOR HARD-TO-FIT NOSES

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### **SPORT WRAP**

ANY ACTIVITY IS GOOD FOR THESE!  
WEEEEEEEEEEEEEE...

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### **BASE DOWN TRIANGULAR FACE**

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- WEARING GLASSES WILL ADD BALANCE
- FRAMES SHOULD BE SAME WIDTH AS THE LOWER FACIAL AREA
- A FRAME WITH ROUNDED LINES GIVES WOMEN A SOFTER MORE FEMININE LOOK

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### **BASE UP TRIANGULAR FACE**

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- MORE DIFFICULT TO FIT
- FRAME SHOULD BE MINIMAL WIDTH
- ROUNDED LENS SHAPE WILL SOFTEN THE LOOK

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### **PROPER TEMPLE FIT**

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- NO PRESSURE ON THE SIDES OF THE HEAD
- REST LIGHTLY ON TOP OF THE EARS
- CONTOURED TO ALIGN WITH THE MASTOID BONE BEHIND THE EARS
- BEND SLIGHTLY INWARD AT THE TIP

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## VERTEX DISTANCE

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### INCREASE

- PLUS LENS INCREASES MAGNIFICATION
- MINUS LENS INCREASES MINIFICATION

### DECREASE

- PLUS LENS DECREASES MAGNIFICATION
- MINUS LENS DECREASES MINIFICATION

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## SELECTING FRAMES FOR PROGRESSIVE WEARERS

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- SUFFICIENT PANTOSCOPIC TILT
- GOOD VERTICAL DEPTH
- GOOD VERTEX DISTANCE

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## SELECTING FRAMES FOR HIGH MYOPES

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- AVOID LARGE FRAMES, BOTH FULL & RIMLESS
- CHOOSE FRAMES WITH ROUNDED CORNERS AND/OR MINIMAL DECENTRATION
- STAY AWAY FROM FRAMES THAT GO PAST THE WIDEST PORTION OF THE FACE

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## SELECTING FRAMES FOR HIGH PRESBYOPES

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- EYESIZE SHOULD BE KEPT TO A MINIMUM TO REDUCE WEIGHT
- CHOOSE A STUDY ZYL FRAME TO ENSURE ALIGNMENT AND GOOD OC PLACEMENT
- AVOID ED'S THAT ARE MORE THAN 2MM GREATER THAN THE EYESIZE

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## SELECTING FRAMES FOR CHILDREN

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- PRAY FOR PATIENCE
- ALWAYS REMEMBER, SAFETY FIRST
- SOLID PLASTIC OR MEDAL FRAME WITH SPRING HINGES
- TRIVEX OR POLYCARBONATE LENSES\*

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## HOW DO YOU MEASURE UP?



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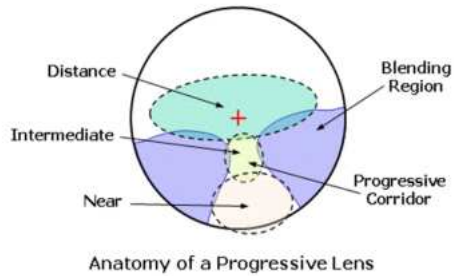
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## LENS CUSTOMIZATION

- FREEFORM
- PROGRESSIVE LENSES
- OCCUPATIONAL LENSES
- SV VARIABLE FOCUS
- COMPENSATED POWERS
- HI-INDEX
- ANTI-REFLECTIVE COATING
- PHOTOCROMIC
- POLARIZED, TINT & UV
- MIRROR COATINGS



## PROGRESSIVE DESIGNS

- **HARD: PUSHES UNWANTED POWER TO A SMALLER AREA**
  - Perfect for those who sit at desk and read a lot without
- **SOFT: VERY LOW PERIPHERY DISTORTION, QUICKER ADAPTION**
  - Perfect for the one-the-go lifestyle and smooth transition
- **HYBRID: NEW DESIGNS MIX BOTH HARD AND SOFT**

## I WOULD LIKE TO BE COMPENSATED

- DESIGNED TO ENSURE REFRACTIVE POWER PRESCRIBED COMPENSATES FOR THE POSITION OF WEAR
- ADDED MEASUREMENTS: VERTEX\*, PANTO, FRAME WRAP
- THE LAB TICKET HAS TWO DIFFERENT RXs ON IT!
- LET'S TALK ABOUT THESE ANSI STANDARDS!

## KNOW YOUR ZONES

- DROP: DISTANCE FROM FITTING CROSS TO THE POWER CHANGE
- CORRIDOR: DISTANCE BETWEEN FAR AND NEAR ADD
- ADD POWER AND FRAME SIZE DETERMINES THE DESIGN OF CHOICE

## FITTING CHART FOR ON THE 180

14mm MFH

SEG HEIGHT	READING	INTERM.
14	4	10
15	5	10
16	6	10
17	7	10
18	8	10
19	9	10
20	10	10
21	11	10

16mm MFH

SEG HEIGHT	READING	INTERM.
14		
15		
16	4	12
17	5	12
18	6	12
19	7	12
20	8	12
21	9	12



### **FRAME SLIDING DOWN**

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- CHECK FOR CORRECT TEMPLE LENGTH
- RE-ADJUST THE TEMPLE BEND
- CHECK THE TENSION OF THE TEMPLE AGAINST THE SIDE OF THE HEAD

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### **ONE SIDE IS HIGHER THAN THE OTHER**

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- ADJUST THE FRAME TO 4 POINT TOUCH
- ENSURE THE NOSEPADS ARE EVENLY ALIGNED
- IF ONE EAR IS HIGHER THAN THE OTHER, DECREASE THE PANTOSCOPIC TILT ON THE HIGH SIDE OR VICE VERSA DEPENDING ON THE DESIRED FIT

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### **EYELASHES TOUCHING THE LENSES**

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- REDUCE THE FACE FORM OF THE FRAME FRONT
- DECREASE THE DISTANCE BETWEEN THE NOSE PADS
- REDUCE THE TEMPLES SIDE TENSION

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## ONE SIDE FITS CLOSER

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- CHECK STANDARD ALIGNMENT
- ANGLE TEMPLE ON CLOSE SIDE OF EYEWEAR INWARD
- CHECK TEMPLE BEND AND ENSURE THE TEMPLES ARE THE SAME LENGTH FROM THE HINGE TO THE BEND

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## LENS IS OFF AXIS

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- WHY WERE THE GLASSES DISPENSED?
- MORE QUALITY CONTROL MEASURES NEED TO BE ADDED
- UPGRADE YOUR STAFF IF THIS IS AN ISSUE

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## FINDING UNWANTED PRISM

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- WHEN THINGS LOOK LIKE THEY GO UPHILL, LOOK FOR BASE-DOWN PRISM
- WHEN THINGS LOOK LIKE THEY GO DOWNHILL, LOOK FOR BASE-UP PRISM
- WHEN THINGS LOOK TOO HIGH ON ONE END & TOO LOW ON THE OTHER END, LOOK FOR BASE-IN OR BASE-OUT PRISM

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## **THESE NOSE PADS ARE KILLING ME**

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- CHECK STANDARD ALIGNMENT OF THE FRAME FRONT
- REPLACE HARD PLASTIC NOSE PADS WITH SILICONE PADS
- INCREASE THE DISTANCE BETWEEN THE NOSE PADS & ADJUST THE FLARE
- REDUCE TENSION IN TEMPLE ALONG THE SIDE OF THE HEAD

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## **SEGMENT TOO HIGH**

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- FIRST OF ALL, NOT ME OKAY! NOT ME BUT...
- LOWER THE FRAME BY ADJUSTING THE NOSE PADS FURTHER APART
- AND/OR ADJUST THE PAD ARMS TOWARD THE FRAME FRONT
- INCREASE PANTOSCOPIC TILT AND FACE FORM

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## **SEGMENT HEIGHT TOO LOW**

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- ONCE AGAIN, NOT ME! I'M SERIOUS...
- RAISE THE FRAME BY ADJUSTING THE NOSE PADS CLOSER TOGETHER
- ADJUSTING THE PAD ARMS AWAY FROM THE FRAME FRONT IS
- DECREASE FACE FORM AND PANTOSCOPIC TILT

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**THE REACTION YOU  
GET FROM  
CLIENTS WHEN  
IT'S A  
GREAT FIT!**



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